



www.iowaswitch.org

Weeks 9 & 10: Learn how your family can SWITCH what they VIEW!

It is time to return to the topic of “View” for the next two weeks to refocus on reducing screen use and time spent sitting. Screen time refers to time spent watching TV, playing video games, or using a computer, tablet or phone. These two hours are for “recreational screen time” and does not count screen usage for school work or during school/work day.

This is also a popular time for Spring Break, so if your school has a week off, challenge yourself to practice healthy habits while staying home or away on a trip. The goal of these next two weeks will be limiting screen usage which can be challenging if we’re home all day. Check out the Spring Break Sprint SWITCH Challenge on the back page to get you started!

Encourage your family to “Switch” to screen-free activities. Check out some ideas below and be sure to log onto your SWITCH account (www.iowaswitch.org) to track your family Switches.

2 Aim for TWO HOURS or less of SCREEN TIME each day

Try to limit usage of computer, tablet, laptop, phone, TV for movies/video games, etc. Here are a few suggested activities to engage in behaviors without a screen during Spring Break.

- Read a Book
- Do a Puzzle
- Play a Game
- Go for a bike ride
- Have Family Conversation at Dinner Table
- Listen to Music or have a Dance off
- Play at the park

Family Tracker: Keep track of your minutes of recreational screen use for each day by coloring in the clock and write what activities you did together to substitute for screen time. (Each clock represents 1 hour.)

Family SWITCH Goal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Example: 90 minutes Bike ride and read a book			Did your family reach the goal? ____ What activities have your family enjoyed doing together that you can continue? _____		
16 Total Minutes 	17 Total Minutes 	18 Total Minutes 	19 Total Minutes 	20 Total Minutes 	21 Total Minutes 	22 Total Minutes
23 Total Minutes 	24 Total Minutes 	25 Total Minutes 	26 Total Minutes 	27 Total Minutes 	28 Total Minutes 	29 Total Minutes



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The Spring Break Sprint

As your school may be heading into spring break over the next week or two, we wanted to share a resource you can use to continue to practice healthy habits while out of school.

The “Spring Break Sprint” is a fun challenge for you to practice all three of our Do, View and Chew behaviors. Whether you are staying home or on a trip, we hope you can dedicate time to making healthy choices!

There is a “lap” for each behavior with three goals each. See how many times you can achieve these different goals to *switch what you Do, View and Chew!*



Try to complete each challenge and note how you accomplished it!

For Do: let's move more by getting outside:

- ☐ Jump rope or play a game outside: _____
- ☐ Draw with chalk on sidewalk: _____
- ☐ Go for a bike ride or on a walk somewhere:

For VIEW: let's turn off the TV and try other activities:

- ☐ Read a book: _____
- ☐ Do a puzzle or play a board game: _____
- ☐ Listen to music or dance around: _____

For CHEW: let's boost our consumption of fruits and vegetables:

- ☐ Try a Spend Smart. Eat Smart. recipe:
<https://spendsmart.extension.iastate.edu/>
list the recipe here: _____
- ☐ Try a new Fruit or Vegetable: _____
- ☐ Make a Healthy Snack: _____