



Ideas for Schools

These are some fun, creative ways to implement Turn off the Screens week in your whole school. Raise awareness and encourage participation by engaging and involving the students.

- ✱ Have students draw pictures, create raps, or skits to show how they are getting more active and reducing their screen time
- ✱ Devise a challenge between classes for the number of active hours logged during the Turn off the Screens Week
- ✱ Challenge the principal do something out of the ordinary if the school achieves a target number of active hours during the week
- ✱ Host a contest for students to write an article on how they reduced their screen time and submit it to the local paper
- ✱ Contact local community agencies for supporting activities to occur within Turn off the Screens Week (Heart and Stroke “Jump Rope for Heart”, York Region Health Services “Spring into Spring”)
- ✱ Kick off the week with an assembly and neighborhood walk to encourage student participation or host a school game night (teachers vs students, or parents vs students)
- ✱ Ask students to log all screen time and create a graph to illustrate their screen time and create a contest to see who can think of the most creative alternative to screen time
- ✱ Designate silly days to Turn off the Screen Week (Movement Monday, Tubeless Tuesday etc)
- ✱ Use promotional material (posters, PA announcements, newsletter insert, letter and tips for parents) to raise the awareness and participation in Turn off the Screens Week

Ideas for prizes:

- Pass for one night of no homework
- Principal for a day
- Ask for support of your parent council
- Pizza lunch for the winning class
- Seek support of a local sporting goods store
- Create a poster with the winning students picture to post in the school

Helpful websites:

Health Canada's Physical Activity Guide to Healthy Active Living (Children, Youth and Older Adults):

www.healthcanada.ca/paguide

Turn off the Screen

www.tvturnoff.org

Ontario's Physical and Health Education Association

www.activehealthkids.ca/ophea

The Canadian Paediatric Society

www.caringforkids.cps.ca

Kids active games

www.kidwizard.com