

# Family Activity Plan

Spending time outdoors is an essential component of healthy development. This means we, as parents, need to limit screen time and make outdoor activity a priority.

The American Academy of Pediatrics recommends a minimum of one hour per day of outdoor play and no more than two hours per day of screen time for children over two years old. Media/screen use is discouraged for children less than two years of age.

In order to meet this recommendation, parents need to commit to monitoring children's free time and to encourage healthy, active play and outdoor time. Parents can start by creating a Family Activity Plan to set screen limits and to motivate kids to be active and to get outdoors. You can start with the simplified plan below.

1. During the work week/school week, screen time for my child will be limited to the hours of: \_\_\_\_\_ .
2. In our home, screen free zones will include: \_\_\_\_\_  
\_\_\_\_\_
3. Devices will not be charged or stored in bedrooms. Instead, they will be charged and stored in: \_\_\_\_\_
4. In order to earn screen time, my child (ren) will have to participate in two of the following activities. One hour of an activity will earn them a half an hour of screen time, not to exceed two hours of screen time each day.
  - ✓ Household chores
  - ✓ Outdoor play (in yard, neighborhood or local park)
  - ✓ Riding bike
  - ✓ Arts and crafts
  - ✓ Homework
  - ✓ Practicing a hobby
  - ✓ Family time
  - ✓ Other: \_\_\_\_\_
5. Our family will strive to share \_\_\_\_\_ hours per week doing outdoor activities.
6. An outdoor activity or topic that I enjoy or would like to learn more about is \_\_\_\_\_ . I can share this activity with my child and together we can explore the outdoors.

# Resources

## **Project Get Outdoors, Inc.**

-Resources for getting outdoors with your child in Minnesota

[www.mnprojectgo.org](http://www.mnprojectgo.org)

## **Green Hearts, Inc.**

-Parents Guide to Nature Play

[http://www.greenheartsinc.org/Parents\\_Guide.html](http://www.greenheartsinc.org/Parents_Guide.html)

## **American Association of Pediatrics**

-Media and screen time resources

-download a more in depth Family Media Plan, also available in Spanish

[www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx](http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx)

## **ABC's of the Outdoors Pinterest Page**

Kids nature activities

<https://www.pinterest.com/projectgo/abcs-for-the-outdoors>

