





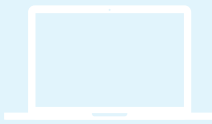






# PAUSE TO PLAY - STUDENT ACTIVITY LOG (VERSION A)

**Instructions:** Write in your physical activity and screen time in the space provided—and find out how many minutes you get each day!

Name of student <i>(optional)</i> :	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>PHYSICAL ACTIVITY (MINUTES)</b></p> <p><b>Physical Activity Tip:</b> Get 60 minutes of physical activity per day—everyday!</p>	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 
<p><b>SCREEN TIME (MINUTES)</b></p> <p><b>Less Screen Time Tip:</b> Limit after school TV watching—get outside instead!</p>	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 	<input type="checkbox"/> 30 minutes <input type="checkbox"/> 60 minutes <input type="checkbox"/> 90 minutes 
<p></p> <p><b>PARENT REVIEWED</b></p> <p>Please check</p>					

## Kids – power down those screens, it’s time to Pause to PLAY!

### Dear Parents/Caregivers,

There has been an increased usage of electronic devices for many essential activities in our daily lives and less time spent being physically active. This can have a significant negative impact on mental and physical health, and sleep for kids. Therefore, it is time to prioritize physical activity and power down our devices to participate in outdoor activities.

### HEALTH BENEFITS

**Exercise that gets your heart rate up has many health benefits. Being active for at least 60 minutes daily can help children:**

- Improve their health, fitness, grow stronger and maintain a healthy lifestyle
- Do better in school
- Have fun playing with friends and feel happier
- Learn new skills and improve self-confidence
- Alleviate social and academic stress

### PARTICIPATE IN PAUSE TO PLAY AT HOME

Parents, guardians and caregivers are encouraged to have their children participate in physical activity before and after school.

Some of the ways to do this include:

- Be an active role model and provide positive encouragement; lead by example
- Use the Pause to PLAY Student Activity Log (see the back of this letter) to track how much physical activity and screen time children are getting each day
- Every minute counts: encourage your child to walk or ride a bike to school, have active play time and/or play sports
- Check out Pause to PLAY: Tips for Parents
- Make active time family time – have fun together and Pause to PLAY all year long!

**For more information on Pause to PLAY, please visit [york.ca/pausetoplay](http://york.ca/pausetoplay)**