

School and Home Connection

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**What are we learning about this week?**

This week we learned about why it is important to eat a **rainbow** of fruits and vegetables. We also learned about **reducing screen time** and adding more active time to the day.

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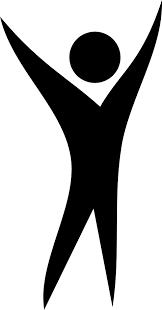
**What is this week’s goal?**

Choose one activity to do each day this week that doesn’t involve a screen!



**Review with your child:**

1. Why is it important to eat a rainbow of fruits and vegetables? (They all have different vitamins and help our bodies in different ways)
2. Name a fruit or vegetable of every color!
3. What is the recommended limit for screen time in your free time every day? (2 hours)
4. Name 3 things you like to do that don’t involve a screen!

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiz3IKgrNzfAhWJq4MKHYaEBkwQjRx6BAgBEAU&url=http://www.clipartpanda.com/categories/happy-person-clipart&psig=AOvVaw0dJZAuGmxpE7GoXtKP6QbF&ust=1546973690666896)

**Take action:**

Try making a list of all activities you like to do that don’t involve a screen. You can make lists as individuals or together as a family. When someone is feeling bored or not sure what they want to do, refer to the list and choose an activity!