



School and Home Connection



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.



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!



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!