

# Additional Activities:

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## **Keep a Screen Time Log:**

Have each person in your family keep track of how much time they spend watching TV, playing video games, and using the computer each week.

## **Count the Acts of Violence:**

Watch one of your kids' favorite television shows together and tally up how many acts of violence you see.

## **Observe Feelings:**

Watch a show together and keep track of all the different emotions expressed by the characters.

## **Discuss Commercials:**

When you watch TV together, take note of the commercials that are advertised during each program. Discuss as a family why you think those particular ads were chosen during that time of day.

## **Make Your Own Shows:**

Encourage your children to act out their own shows. If you have access to a video recorder, try taping the production so that the children can watch themselves.

## **Challenge Yourself:**

Say "no" to letting your kids bring handheld video games along, or use DVD players, in the car. Use this time instead of talk and connect with one another.

## **Set Goals:**

Each month, set a screen time goal as a family, and work toward meeting it. Then, celebrate your success with a special treat or fun outing together.