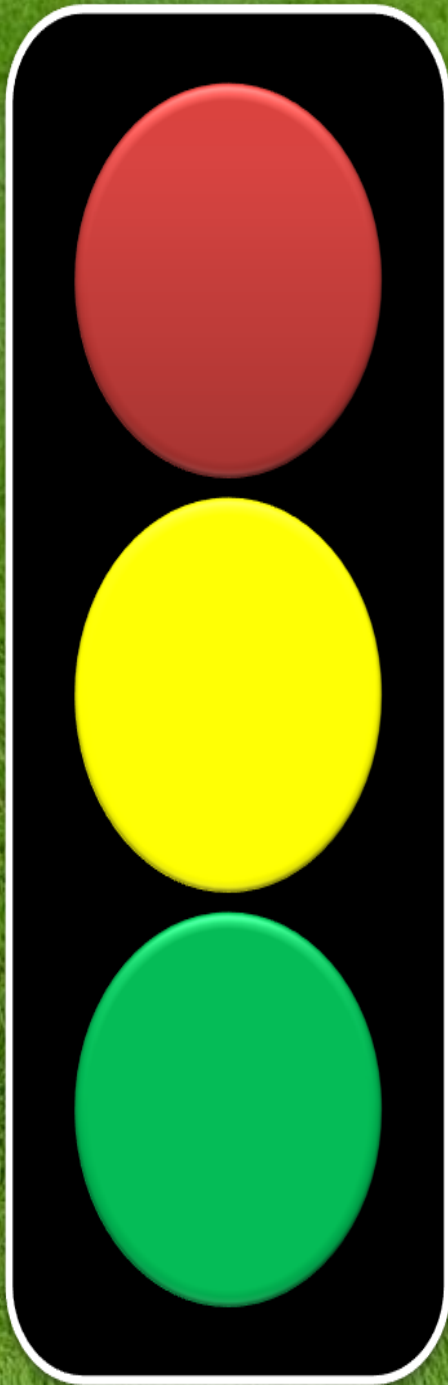


Time to Play!



Screen and sitting time

Less than 30 minutes each day of screen and sitting time

Fine motor skill practice

Take *5 minutes* to practice writing, squeezing a ball, and moving hands and fingers

Aerobic exercise & gross motor skills

- Provide *60 total minutes* of activities that promote running, jumping, and climbing
- Provide *10 minutes* of unstructured play through games and interactive activities