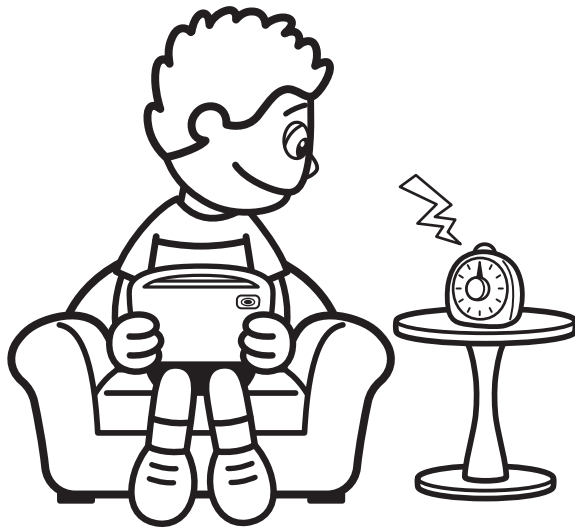




# Try It! Stop, Stretch, Switch

For little ones, screen time is exciting. It's no surprise that they may have big feelings when it's time to stop. Reciting a familiar—and fun—routine can help make switching a little easier. Read through the steps below with your child. Repeat and practice them together. Add motions for even more fun!

It's time to...



## 1. STOP

Recognize the signs (in your body or simply because it's time for something different) that it's time for a screen break.



## 2. STRETCH

Stand up and do a whole-body stretch—raise your arms wide like a star! Then, gently tilt your head to one side and then the other to stretch your neck.



## 3. SWITCH

Get curious about your next activity. Ask, "What comes next?" Grown-ups, your enthusiasm can help, too: "I'm getting really excited about our yummy lunch, how about you?"