



Program Of
MONTANA'S
BIG SKY
STATE GAMES

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Week 12 Apr. 20-24

Breakfast Makes a Difference

DID YOU KNOW?

Too Much Time Watching Television And Playing On The Computer Is Not Good For You?

- *Too much sitting around and watching television can lead to poor performance in school, less imagination, problems staying focused, weight gain, and sleep problems. Get creative and have fun!
- *Limit screen time (video game and TV time) to 2 hours or less per day. The less time you spend watching television and playing video games, the more time you have to get outside, play and have fun!
- *What are some screen-free activities you can plan to do today to have some fun?

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