HELLO FRIENDS!

My name is Buddy. Let’s talk about screen time! Do you know what screen time is? Do you like playing video games? Do you like watching TV? The amount of time you use on a TV or computer is called screen time! Do you like playing outside? Do you like talking with friends?

Watching TV and playing video games for a long time is not good for your body. Exercise is good for your body. Do you know what exercise is? I’ll tell you! I like to dance. I like to play soccer. I like to ride a bike. Exercise makes me feel strong!

It is not healthy to look at a computer or TV screen for a long time. My friends and I like to play tag and jump rope. Exercise makes our heart happy! I love to get up and move my body.

**When I stare at a computer or TV screen for a long time, my eyes hurt! Sometimes, my head hurts too! Even looking at my mom’s phone for a long time can make me feel sick. Remember kids, taking care of your body is important!**

Let’s practice balance! Do you know what balance is? I’ll give you an example. If you play video games for an hour then go play at the park for an hour! This will make your body feel great. Well, I am off to play basketball with my friends! Talk to you later!