

How many hours per day does the average American child spend plugged into electronic media?

- a. 4.5 hours
- b. 5.5 hours
- c. 6.5 hours
- d. 7.5 hours



d. 7.5 hours

(Kaiser Foundation)

Research shows that:

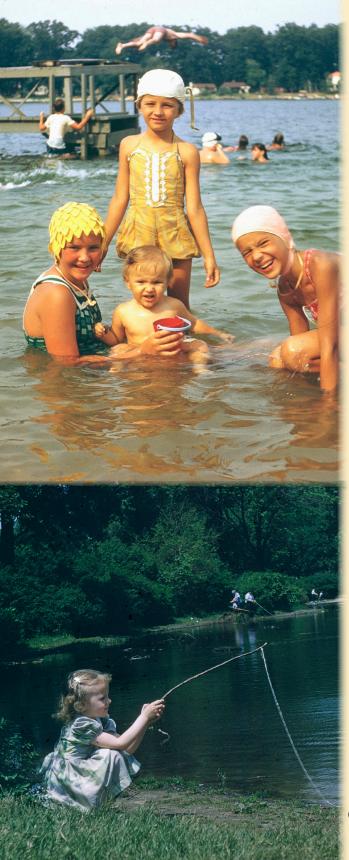
- a. Spending time outdoors can lessen the symptoms of Attention Deficit Disorder/ADHD
- b. Time playing in natural green spaces can improve motor skills, including coordination.
- c. 30 minutes outside a day can result in a better night's sleep.
- d. All of the above



d. All of the above

Today's children spend ____% less time outdoors than children 20 years ago.

- a. 50%
- b. 10%
- c. 80%
- d. 60%



a. 50%

Which of these outdoor activities can you do with your family to increase health and energy?

- a. Go for a walk or bike ride
- b. Throw rocks in water
- c. Go fishing
- d. Play tag
- e. All of the above



e. All of the above

Regular time in nature is a critical tool that can be used to prevent obesity and encourage physical activity at no cost.

- a. True
- b. False



a. True

(Coyle n/d)

Nature plays an important role in Alaskan children's lives by supporting healthy physical, emotional, social and academic performance.

- a. True
- b. False



a. True

(AKELP)

What are a few things you can do if you decide to decrease screen time for your family?



Set limits

• Use TV as a special treat

 Have an electronic free day each week (maybe Sunday)

• For every hour of screen time, spend an equal amount of time outdoors

How can we use our schools as a way to engage our children in nature?

- a. Incorporate outdoor time in wellness plans
- b. Restore recess
- c. Create a school yard habitat
- d. Walk and bike to school programs
- e. All of the above



e. All of the above

Students who experience and learn the value of Alaska's natural environment are more likely to become adults who make informed decisions on environmental issues.

- a. True
- b. False



a. True

Name two simple ways that you can spend time with your family in the outdoors this week.



Any answer is correct as long it is a healthy outdoor activity!

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