



# Make Room for Play



## Social Media Toolkit

Help us spread the word!

Share our prepared social media messages at least once a week on your Twitter or Facebook account or both!

### Twitter and/or Facebook Posts:

Canadian kids avg 7.5 hrs of screen time daily. How does your family find balance?  
#MakeRoomForPlay @ParticipAction

Kids need 60 minutes of moderate to vigorous activity daily, <http://tinyurl.com/pynn6jl>.  
#MakeRoomForPlay @ParticipAction

Why not swap 30 min of screen time for 30 min of active play time? #MakeRoomForPlay  
@ParticipAction

43% of adults choose to spend free time on a screen. Kids follow your lead. Swap screens for play! #MakeRoomForPlay @ParticipAction

Screens eat up 7.5 hrs of kids' play time every day. Let's make a change for healthier kids.  
#MakeRoomForPlay @ParticipAction

Kids spend 7.5 hrs/day in front of screens. What happened to a full day of active play?  
#MakeRoomForPlay @ParticipAction

Screen time is taking away our kids' play time. Swap 30 min of screen time for green time.  
#MakeRoomForPlay @ParticipAction

Limit screen time & connect through active play to meet activity guidelines <http://tinyurl.com/nyhkgsd>. #MakeRoomForPlay @ParticipAction

Too much screen time for kids can lead to obesity, poor academics, behavioural issues & more.  
#MakeRoomForPlay @ParticipAction

Take a break from devices today & visit a local park. #MakeRoomForPlay @ParticipAction

Screen time: It's a nice place to visit, just don't live there. #MakeRoomForPlay @ParticipAction

Tell sitters and relatives that when they're with your kids, active, fun time is expected.  
#MakeRoomForPlay @ParticipAction

Kids naturally play more actively when they're outdoors, so head outside with them every day.  
#MakeRoomForPlay @ParticipAction

Raising healthy, happy kids: Check out [activeforlife.com/](http://activeforlife.com/) for activity ideas, you can search by age and/or skill. #MakeRoomForPlay

Screen time is taking away play time. #MakeRoomForPlay. <http://tinyurl.com/png62dy>

Screen time is taking away play time. #MakeRoomForPlay. <http://tinyurl.com/qbx88hg>

Screen time is taking away play time. #MakeRoomForPlay. <http://tinyurl.com/k2nxaq5>

Is your child active enough? Take the quiz... [rbcquiz.activeforlife.com/](http://rbcquiz.activeforlife.com/) #MakeRoomForPlay

Get the guidelines. Click here to learn more about physical activity for children 0 - 4 years old.  
<http://tinyurl.com/mxhd5m7> #MakeRoomForPlay

Get the guidelines. Click here to learn more about physical activity for children 5 - 11 years old.  
<http://tinyurl.com/kba2vjp> #MakeRoomForPlay

### **Facebook Discussion Posts:**

Screens eat up 7.5 hours of our kids' time every day. How do you model good screen habits for your children?

When we were kids, it was easy to play outside freely. How can you make room in the day for your kids to do the same?

Do you agree that screen time is one of the biggest barriers to getting your kids outside for active play? What else gets in the way?

Is there life outside the internet? What do you hope your child will learn from playing outdoors?

It's easy to treat screens like an electronic babysitter when our schedules get busy. What can you do to make it easier to trade screen time for active play time?

You can also check out all of ParticipACTION's campaign materials here <http://tinyurl.com/oaoxz9y>.  
This includes pictures you can share on Twitter and Facebook.