

Decoding Recreational Screen Time

2 hours
or less
recreational
screen time
every day

According to the American Academy of Pediatrics, children above the age of two should not exceed two hours of recreational screen time in a day.¹ However, it can be challenging to determine the difference between these two different types of screen time. They are defined as:

Recreational screen time: time spent using a device such as a computer, television or gaming console that does not promote activity²

Non-recreational screen time: time spent using a device such as a computer, television or gaming console with an educational or active component²

It is important to remember these differences and utilize technology for creative and active play! Here are some examples of apps you can use to turn screen time into active time.

HELPFUL APPS

Geocaching

Find hidden “treasure” in the area around you. Other participants hide caches in secret places, and then it's up to you to find them using GPS. Geocaching gets you outside and exploring the outdoors.

Claymation

Unleash your creativity to create a stop motion movie. You can use an app or a series of pictures to create a frame-by-frame sequence for the whole family to enjoy.

Duolingo

Learn up to 15 different languages! Duolingo can be used for English speakers, as well as other languages.

Elevate

Train your brain in a variety of topic areas. Play interactive games that will improve your reading, writing, listening, speaking and math skills.

Orienteering

Orienteering is the art of using a map and compass to navigate unfamiliar terrain. Users can use the orienteering app or their own map and compass to navigate around a park or area near them.

1: “Media and Children.” American Academy of Pediatrics, 24 Aug. 2016, www.aap.org.

2: “Watch 2 Hours or Less of ‘Recreational’ Screen Time Daily!” 95210, 24 Aug. 2016, www.95210.org/screentime

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Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.

