



## Survive and Thrive

Community Resource Program Weekly Bulletin – Issue 4

### Screen Time Tips and Strategies for Children, Teens and Adults

1. Address what type of and how much media are used and what media behaviors are appropriate for each child, teenager, and for parents.
2. Place consistent limits on hours per day of media use as well as types of media used.
3. Promote that children, adolescents and adults get the recommended amount of daily physical activity AND daily adequate sleep.
4. Designate media-free times together AND media-free locations in your homes.
5. Recommend that children not sleep with any electronic devices in their bedrooms.

<https://pediatrics.aappublications.org/content/138/5/e20162592>



### Joke Corner

**1. Why did the cookie go to the hospital?**  
Because he felt crummy.

**2. Why was the baby strawberry crying?**  
Because her parents were in a jam.

**3. What did the little corn say to the mama corn?**  
Where is pop corn?

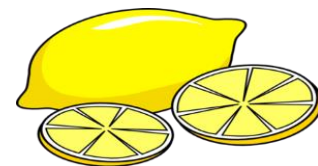
**4. How do you talk to a giant?**  
Use big words!

<https://redtri.com/best-jokes-for-kids/slide/1>

### 5 Benefits of Muscle Relaxation

1. Typically used to Tame Stress and Keep it in Check
2. Increase your Awareness of Sensations Associated with Tension
3. Helps you Identify and Deal with the Physical Affects of Everyday Stress
4. Helps Quiet Your Mind and Recharge Your Batteries
5. To Produce the Body's Natural Relaxation Response

<https://youtu.be/cDKyRpW-Yuc> Progressive Muscle Relaxation for Kids



### Lemon Squeezing

Imagine you are making lemonade by squeezing out fresh lemons.

Use a couple of squishy balls or imaginary lemons and tightly squeeze both fists.

Squeeze to the count of 3 and then relax for 3 seconds.

Repeat this over and over until you feel your tension, anger or frustration going away.