



If we limit our television time to 2 hours or less we still see thousands of commercials each year.

How many commercials do you see each year? Let's see!

If each show is about 30 minutes long how many shows would you see in 2 hours? _____ (A)

If each show has 4 commercial breaks with 4 commercials each break how many commercials would you see each show? _____ (B)

Next, let's see how many commercials you would see each day.

_____ (A) X _____ (B) = _____

If you see _____ (B) commercials each day and there are _____ (C) days each year, how many commercials would you see in one year?

_____ (B) X _____ (C) = _____ commercials per year!

Does that seem like a lot to you? It is important to think about the messages that we see in many of the advertisements

List 3 activities you can do instead of screen time:

- 1.**
- 2.**
- 3.**

If you are watching TV and a commercial come on, hit the mute button and see how many jumping jacks you can do. During the next break see how many push-ups you can do.