

# Time to be ACTIVE...

Have at least 180 minutes of physical activities daily



# Time to RECHARGE...

☀️ + 🌙 sleep



1-2 years old

11-14 Hours

# Time to be Calm...


Replace screen time with other activities



10-13 Hours



3-4 years old

Adequate sleep <sup>z z</sup> supports healthy growth and brain development 

 Regular routines promote health and sense of security 