

# Public Service Announcement

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**I've recently read that kids should limit themselves to just two hours of "screen time" per day. Imagine it! Unfortunately, this dance score is probably included in that limit (unless you printed it?), so read quickly!**

**Duration: 24 hours**

**Action: Every time you see a screen, try to distract the viewer! Use your entire body and its/your movement vocabulary to scare the offending screen's viewer from their device. In the case of small electronics like mobile phones and personal television screens, refrain from breaking anything. If the viewer doesn't have access to a screen, where will they get their recommended screen dosage?**

**#HowToDance**

**#ThinkSmartDanceSmarter**

**#EyesOnThePrize**

**#DanceBeforeScreenz**

**#MovingAmericaFirst**

**#NoScreenTimeBefore17**