



# March

## FEATURE: 2022 Edition



Here is how you can put 5-2-1-0 into action this month:

### MARCH MADNESS

Being involved in a sport has many physical, psychological, and social benefits. Encourage children to try different sports. Children who try a variety of sports tend to enjoy them more and will participate in them for many years to come. Skills that a child learns in one sport can be applied to other sports they try. Want to go pro? Elite athletes often do not specialize in a sport until age 16 or older.

Playing sports during childhood can:

- Create long-lasting friendships
- Develop leadership skills
- Improve physical health
- Increase self-esteem



Source: NBA Youth Guidelines

### CATCHING ZZZS

Children and teens who don't get enough sleep may be cranky, moody, or hyper. Tired teens are more likely to be in car accidents. Lack of sleep may cause problems in school, depression, or other emotional problems. School-aged children need 9–12 hours and teens need 8–10 hours of sleep each night.



Source: KidsHealth

### THINK SMART

Your brain is your “mission control.” It allows you to think, breathe, move, speak, and feel. Drugs can keep the brain from completing normal tasks. Don't try any drug - not even once.

Source: National Institute on Drug Abuse

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SHARE YOUR 5-2-1-0 FUN  
ON SOCIAL MEDIA:

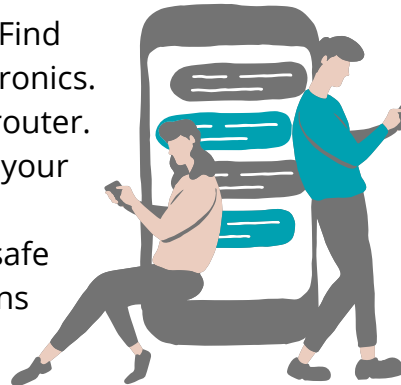
#HealthiestWeightFL

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

## TAKE CONTROL OVER SCREEN TIME

Children should limit recreational screen time to 2 hours each day. This may seem like a tall order, but there are tools out there to help. The best parental control systems involve several layers of protection.

- Turn on built-in parental controls. Find them in the settings on most electronics.
- Block unsafe websites using your router.
- Use parental controls provided by your cellphone carrier.
- Talk to your children about being safe online. Role-play different situations and scenarios with them.



There will always be a way to get around parental controls. This is why it is vital that you talk to your children. Teach them how use technology in a positive way. Have frequent conversations with your children about what they are doing online.

Source: Family Tech Zone

## GREEN FRUIT SALAD

### INGREDIENTS

- 1 bunch of green grapes
- 1 green pear
- 4 kiwis

### PREPARATION

1. Peel the kiwis. Slice into rounds
2. Use a small shamrock cookie cutter to cut a shamrock shape out of the four largest kiwi rounds.
3. Cut the pear into chunks.
4. Remove grapes from stem.
5. Divide fruit among four clear plastic cups. Save the shamrock shaped kiwi slices to garnish.
6. Top each cup of fruit with a shamrock kiwi.



Source: Eating Richly

## RESOURCES MENTIONED IN THIS NEWSLETTER



[March Madness](https://on.nba.com/31rZwfs): <https://on.nba.com/31rZwfs>

[Catching ZZZs](https://bit.ly/3xTSe01): <https://bit.ly/3xTSe01>

[Think Smart](https://bit.ly/3xVLb7o): <https://bit.ly/3xVLb7o>

[Take Control Over Screen Time](https://bit.ly/3dsozSg): <https://bit.ly/3dsozSg>

[Green Fruit Salad](https://bit.ly/3pqi5c8): <https://bit.ly/3pqi5c8>