

A DAY IN THE LIFE OF
MURRAY
& Bird

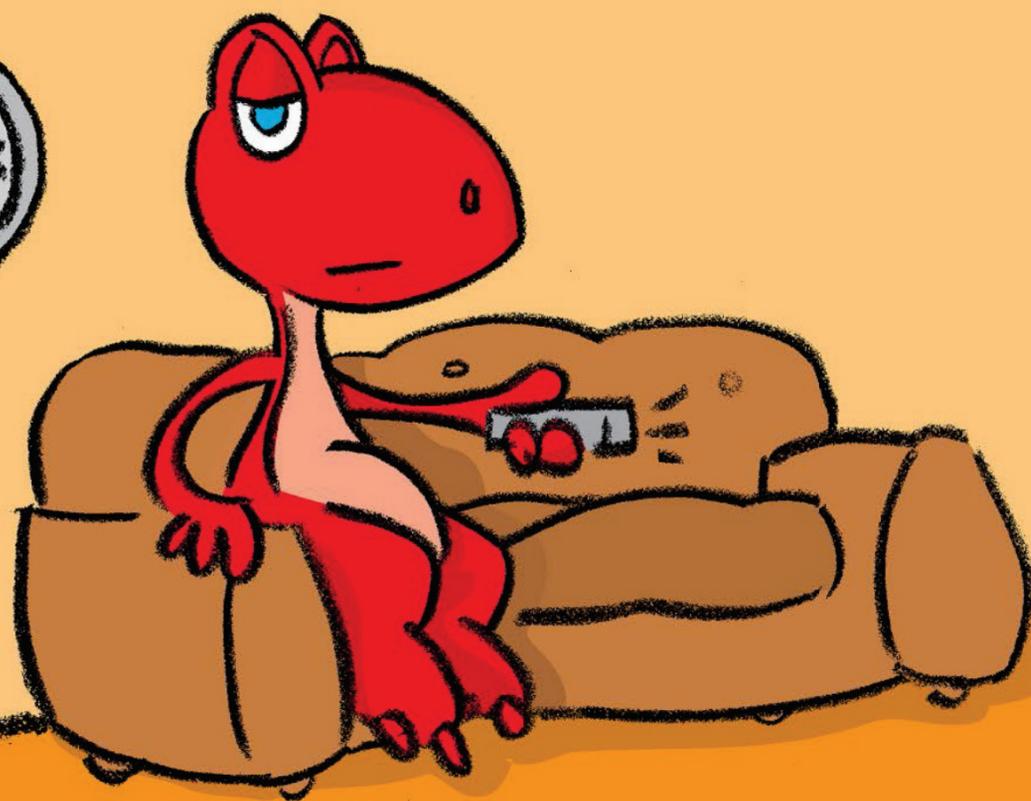
MURRAY'S OUTDOOR ADVENTURE



This is Murray the dinosaur
and his best friend Bird.

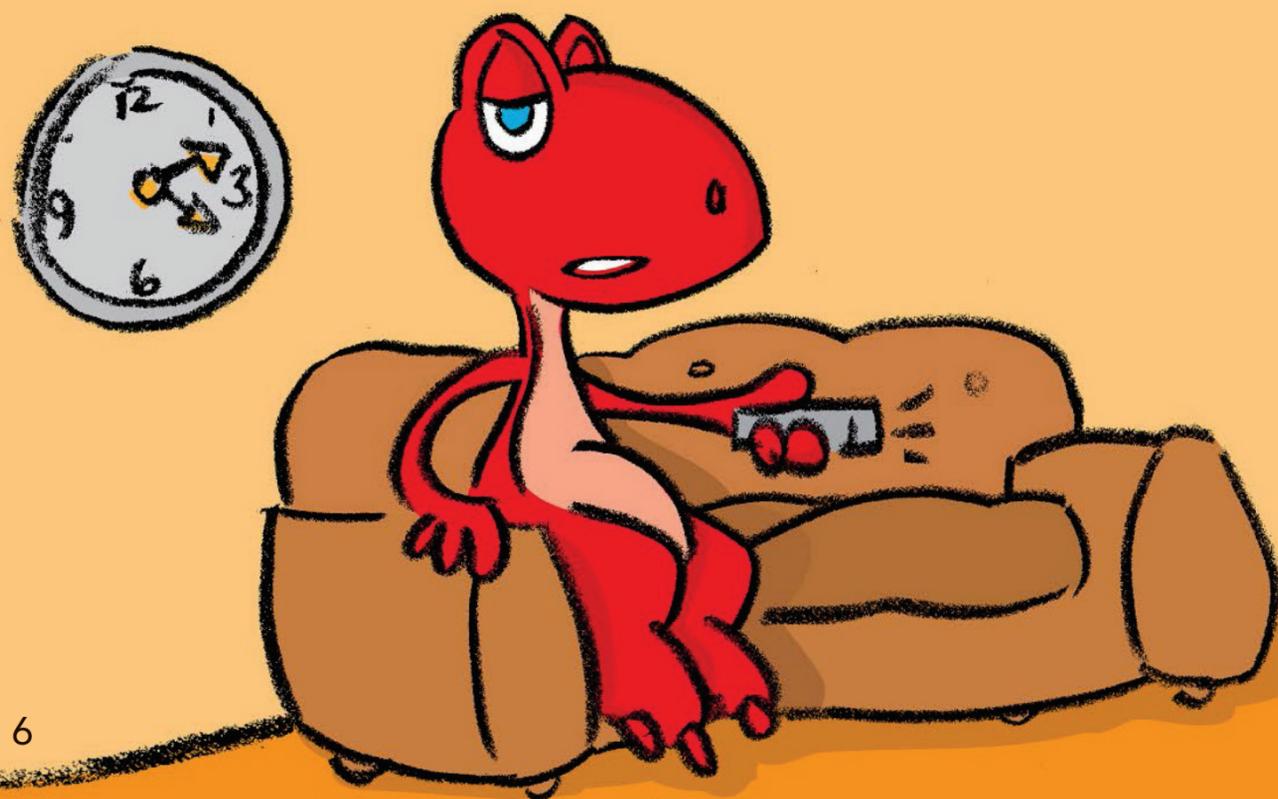


Murray is sitting on the couch watching his favourite TV show.



Suddenly, Bird flies in.

"Murray! Get off the couch. Get your boots on! I have something cool to show you outside!"



"Nah... it's wet out and I wanna watch TV."

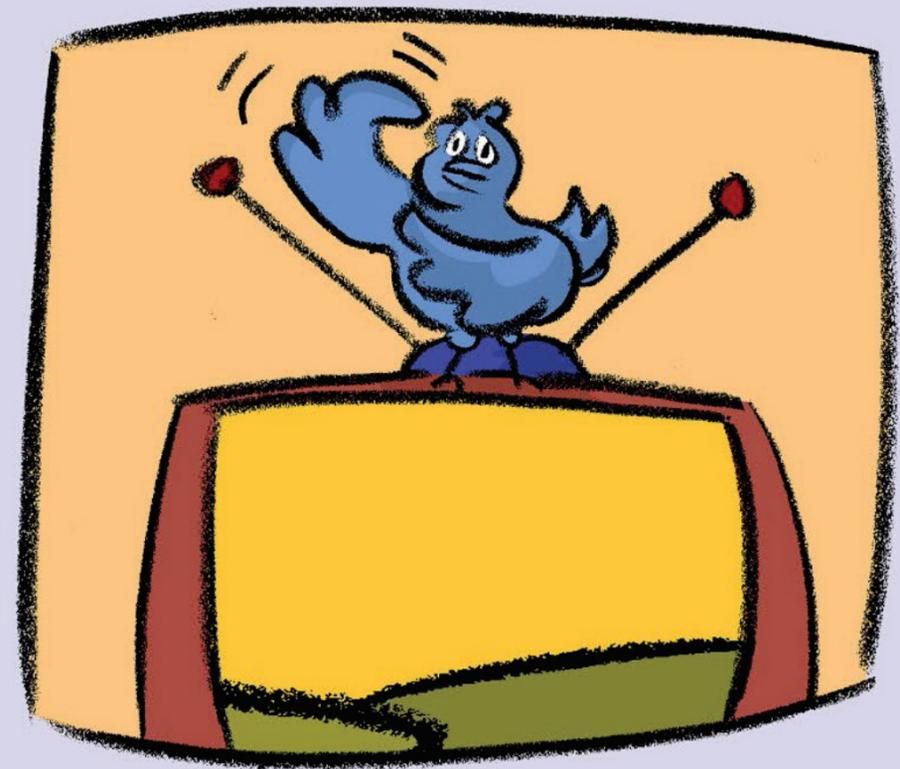


Bird tries *r-e-a-l-l-y* hard to get Murray off the couch.

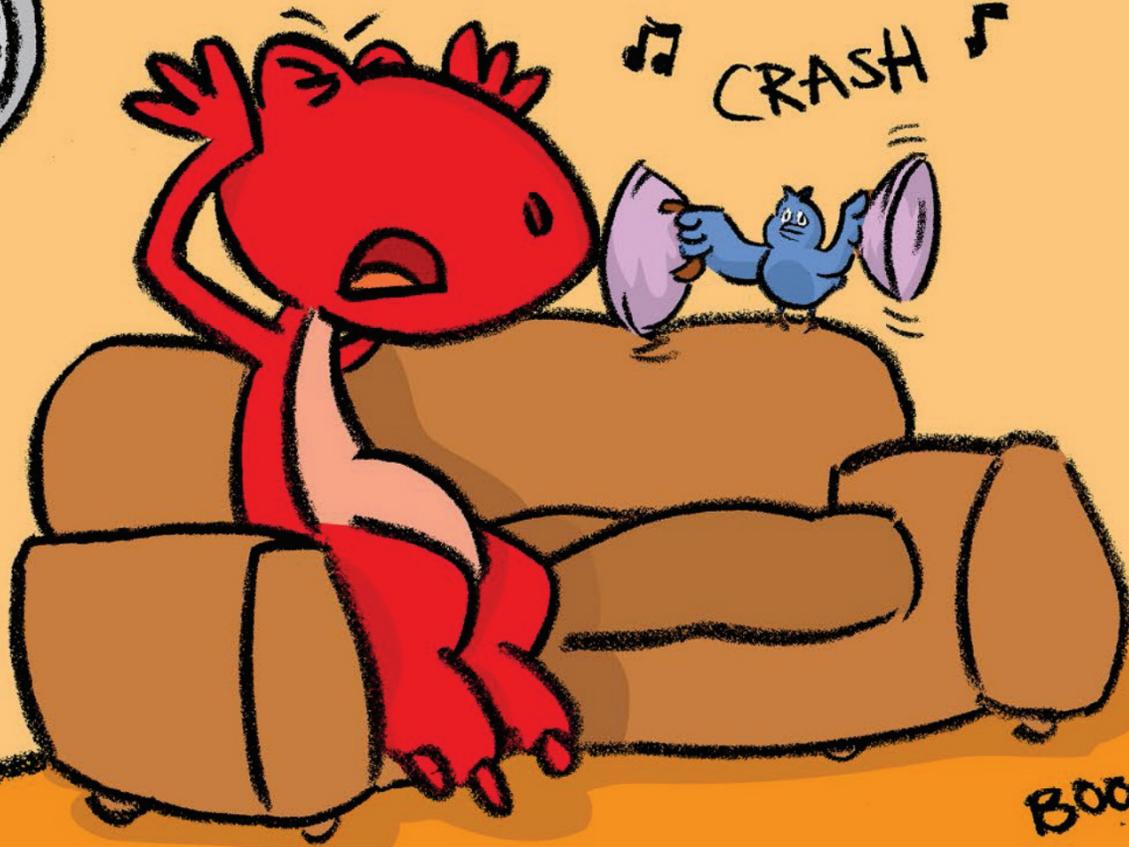


Help Bird! How would you get Murray to go outside?

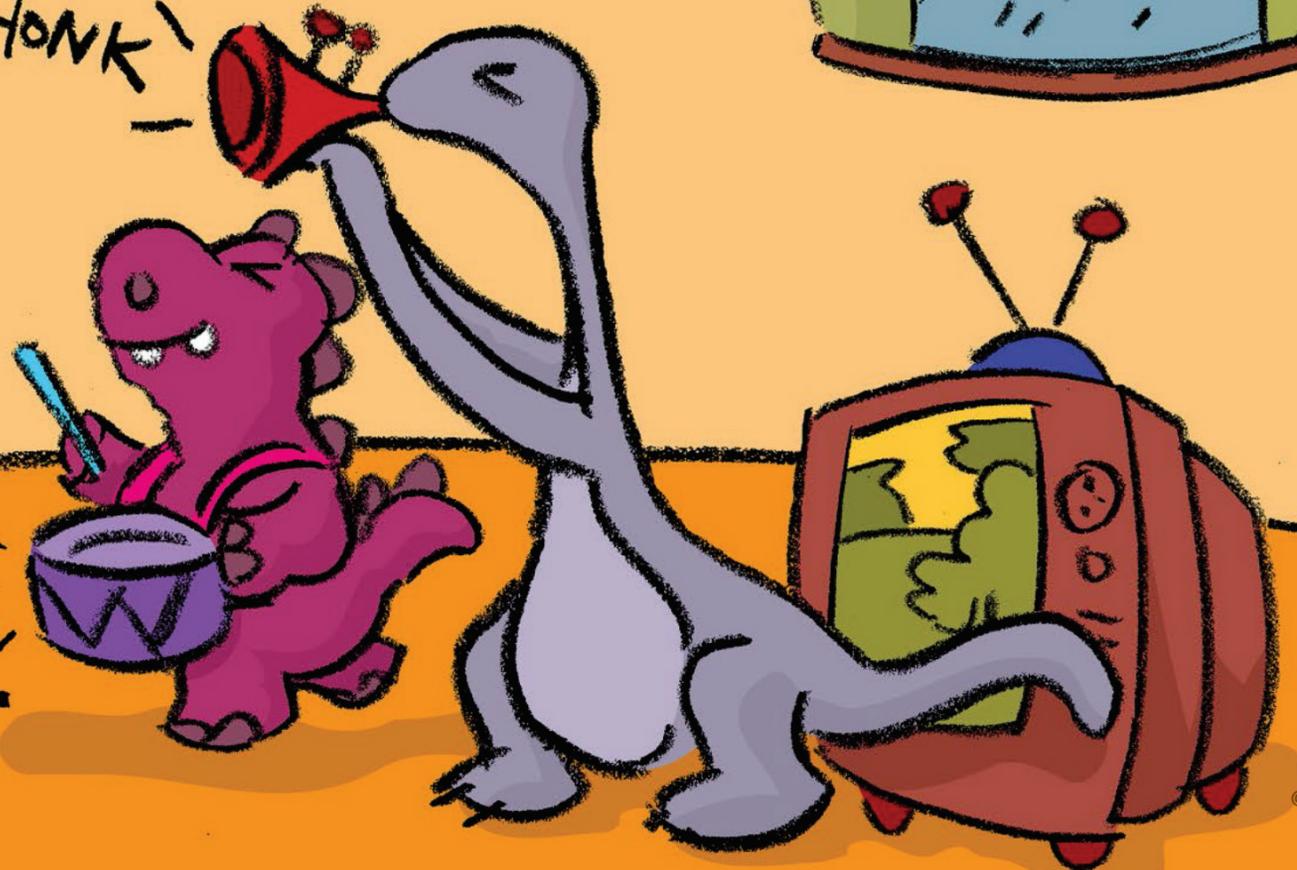
"Hmmm..."



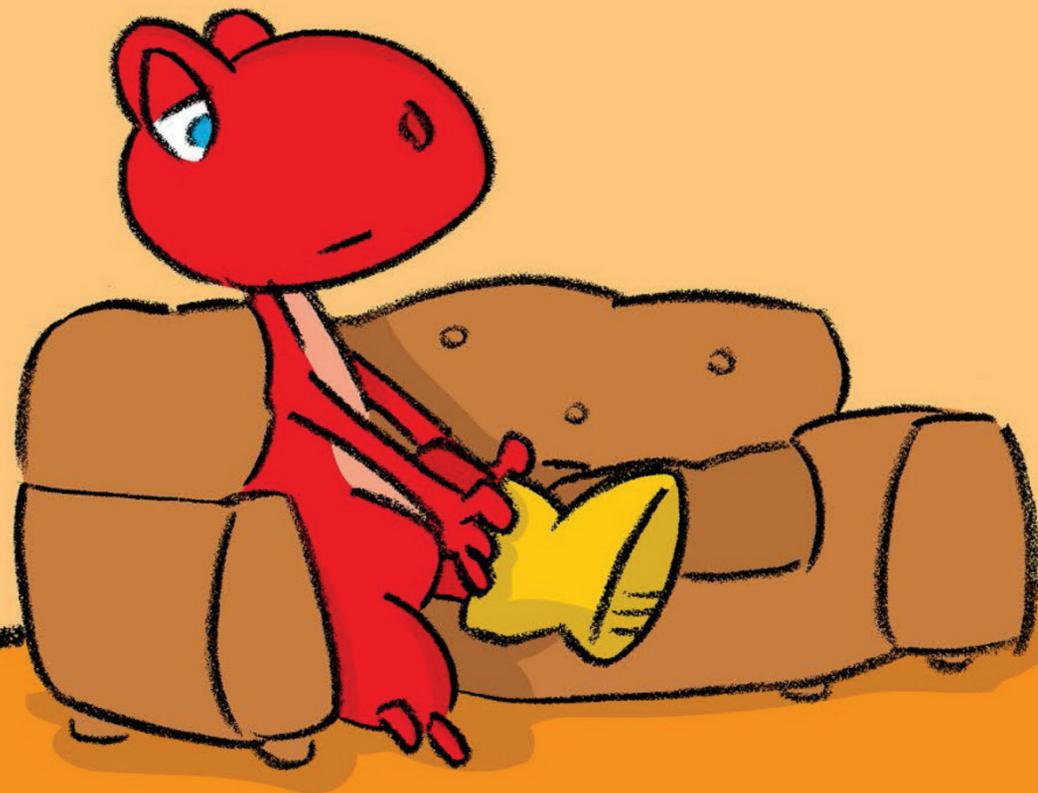
"I have an idea, let's get LOUD!"



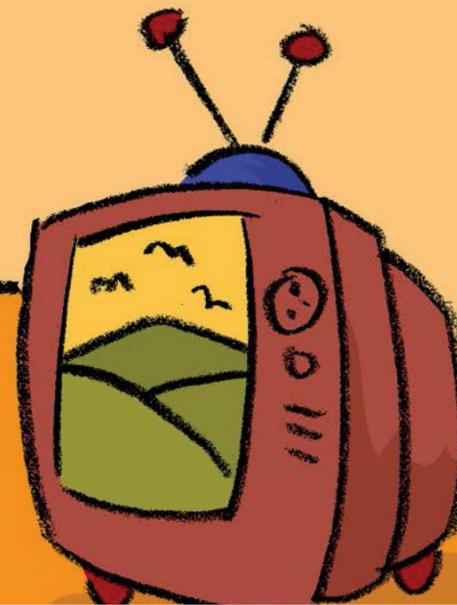
HONK



"Okay, fine! What is it?"



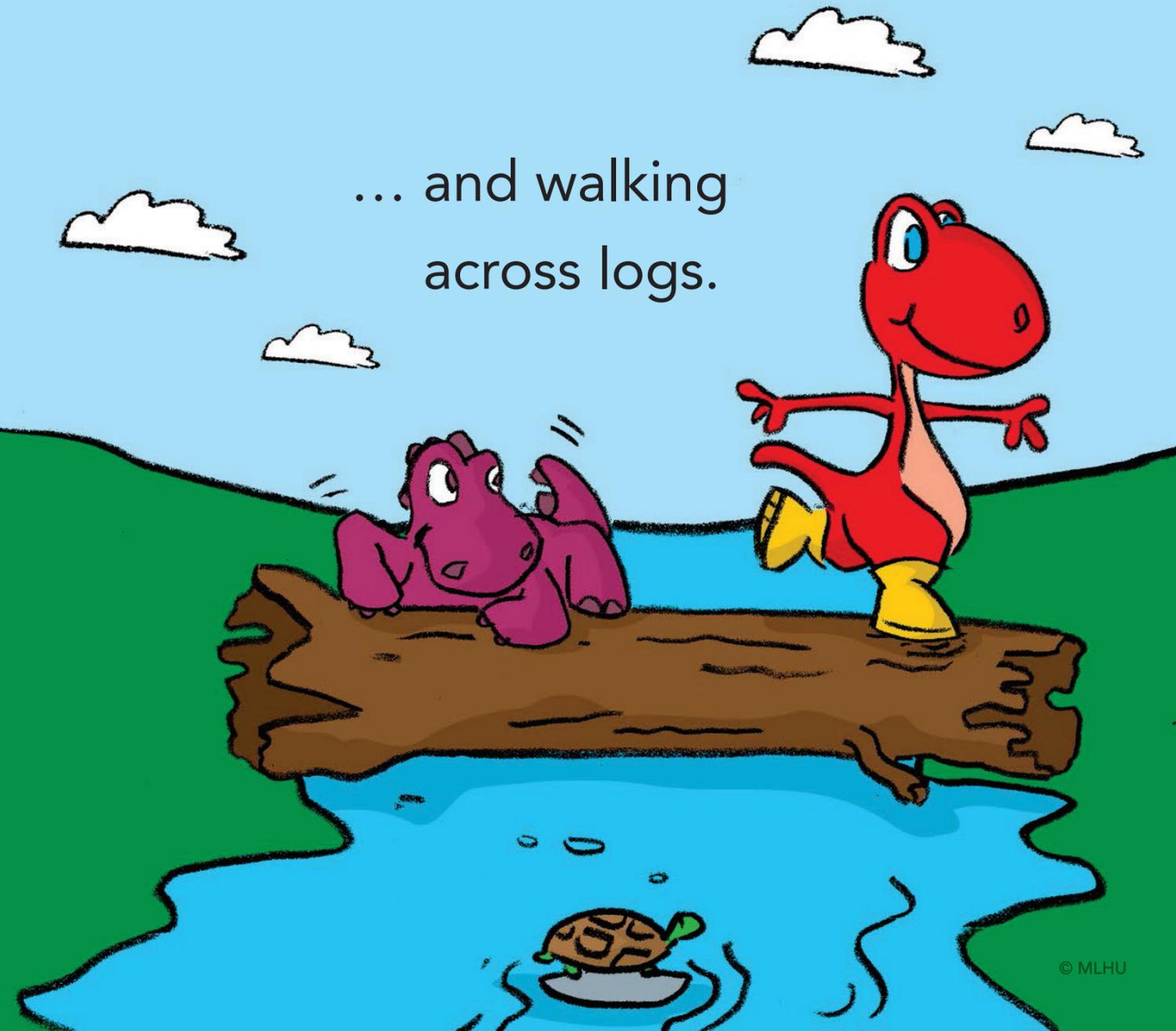
"Just wait," Bird chirps.
"Follow me!"



The rain finally stops. Bird
takes Murray on an adventure,
splashing in puddles...



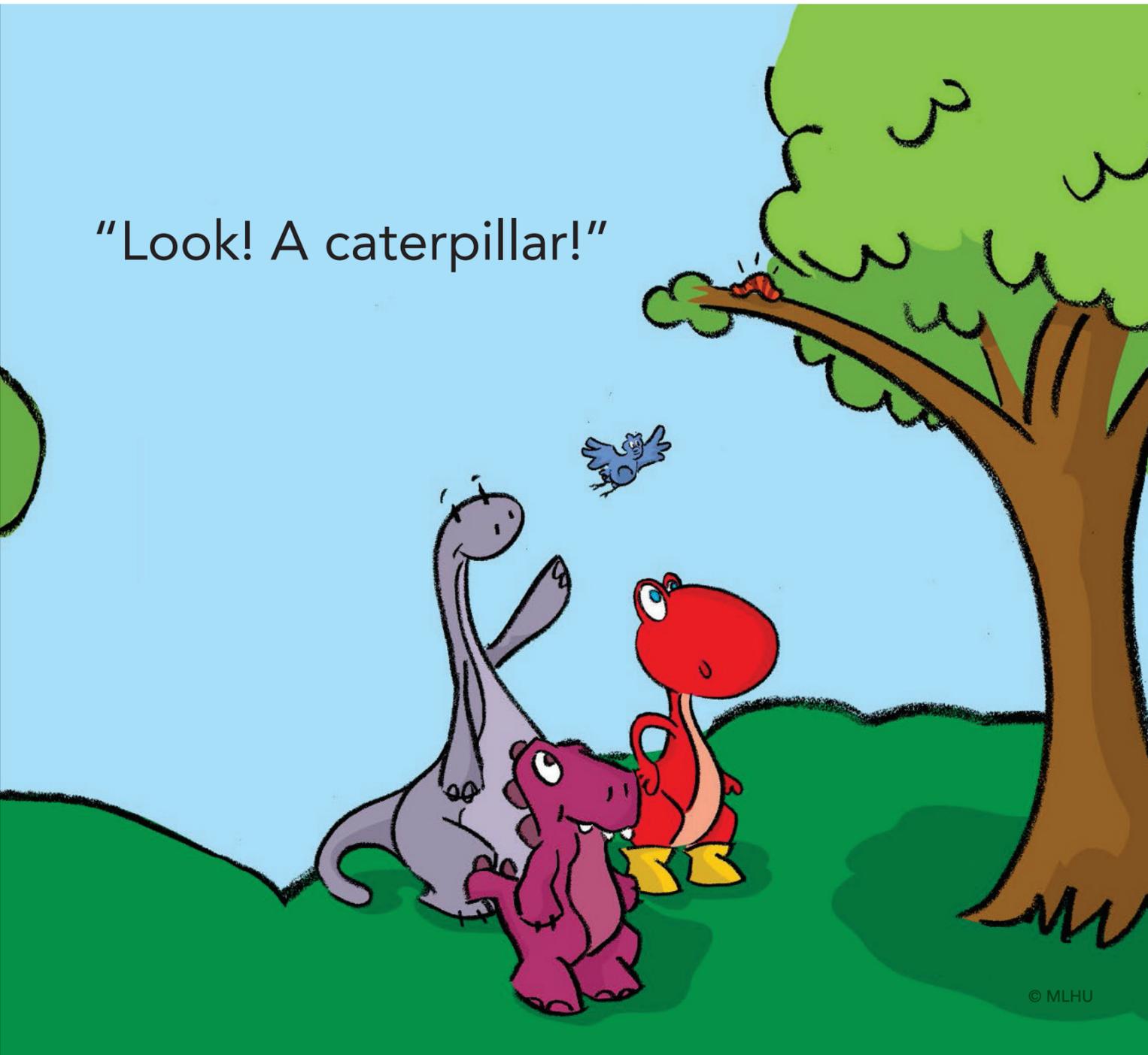
... and walking
across logs.



"We're almost there!"
Bird chirps happily.



"Look! A caterpillar!"



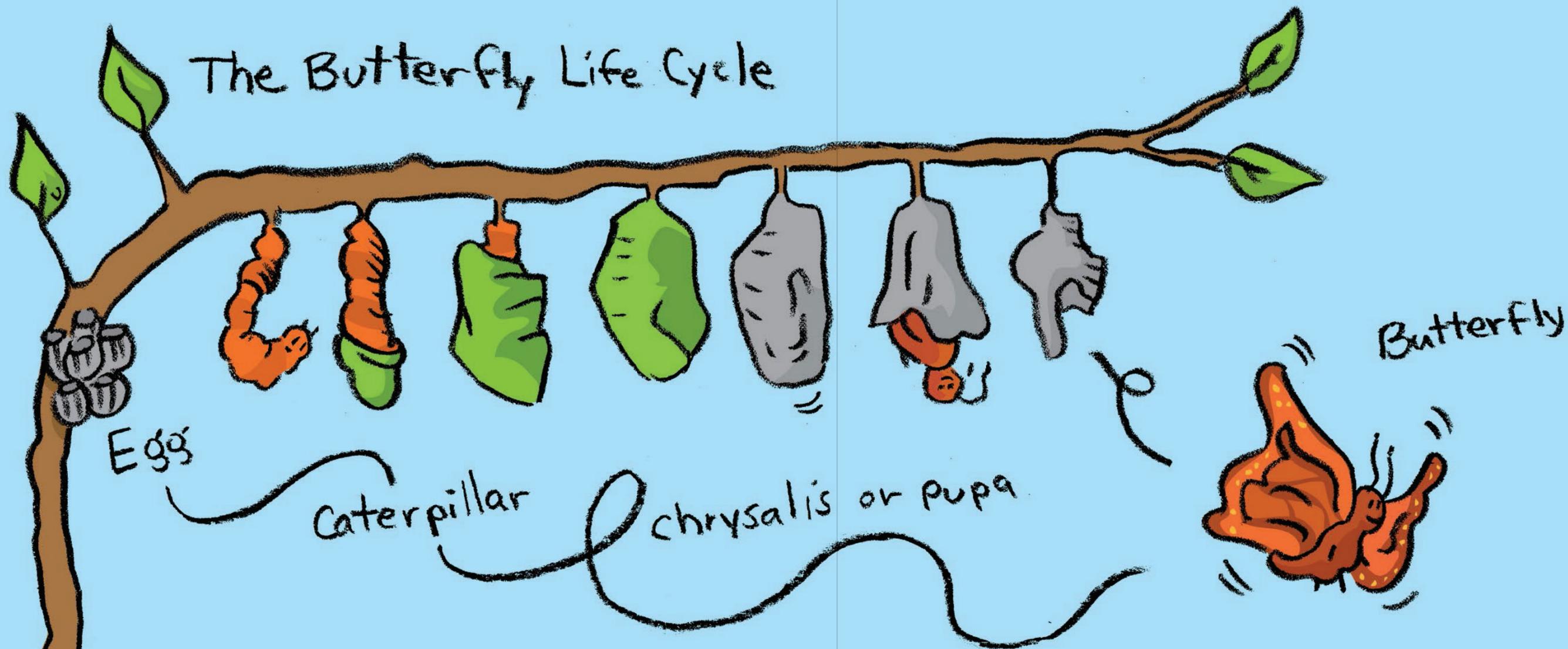
“Cool! Can we take it home?”
asks Murray.

“No,” chirps Bird.

“If we do, it won’t turn into a butterfly.
We’ll come back another day.”

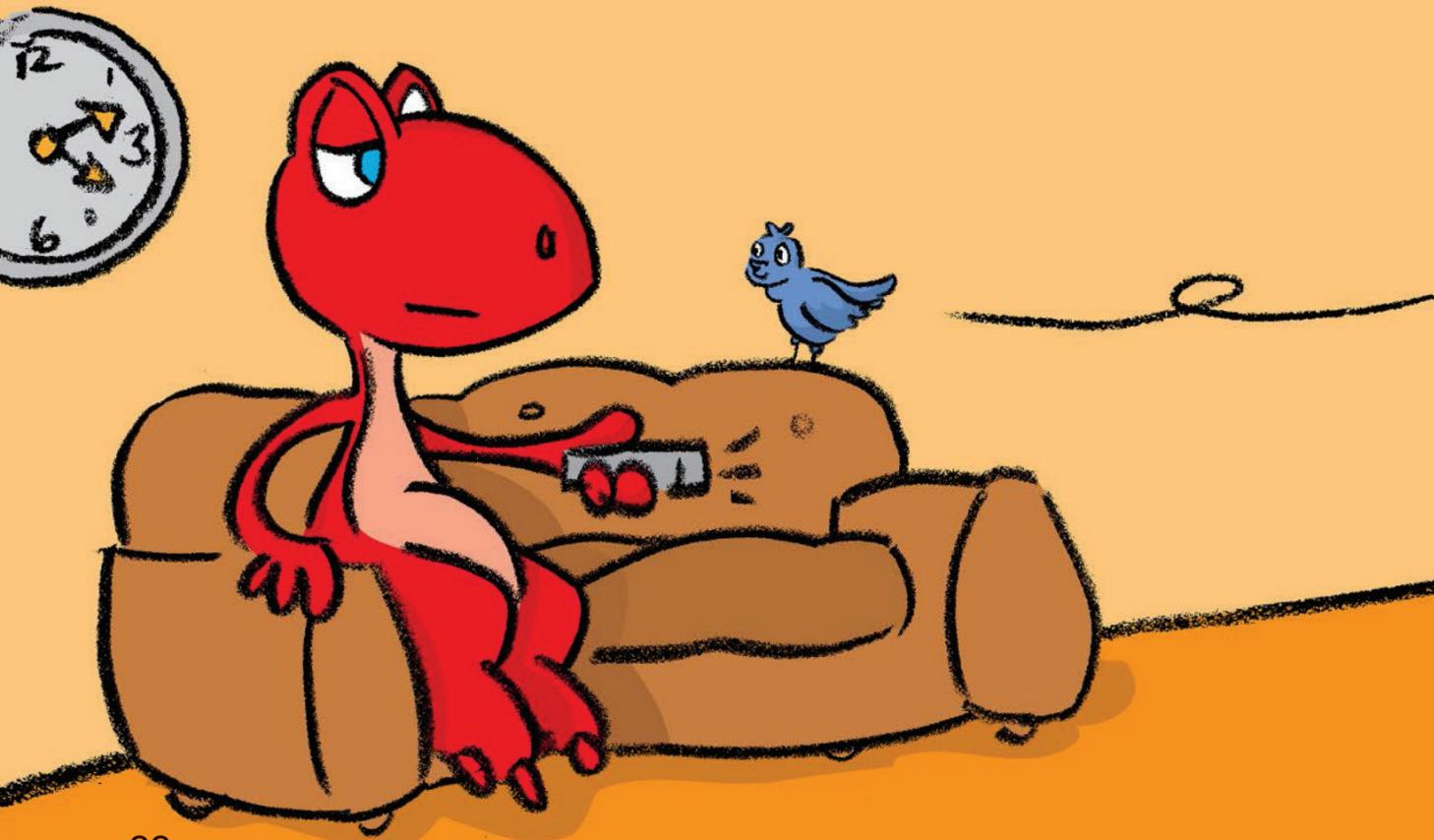


The Butterfly Life Cycle

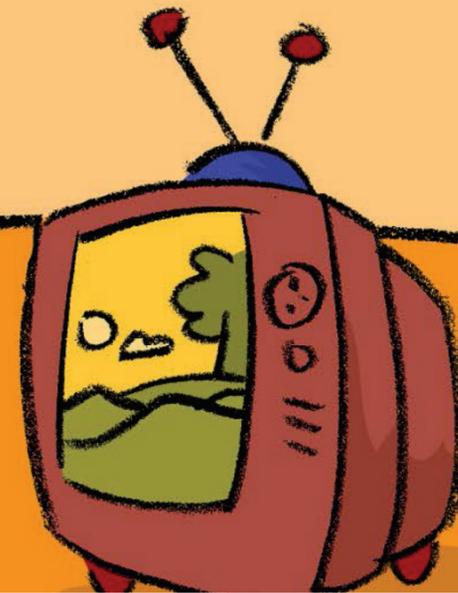


A few weeks later...

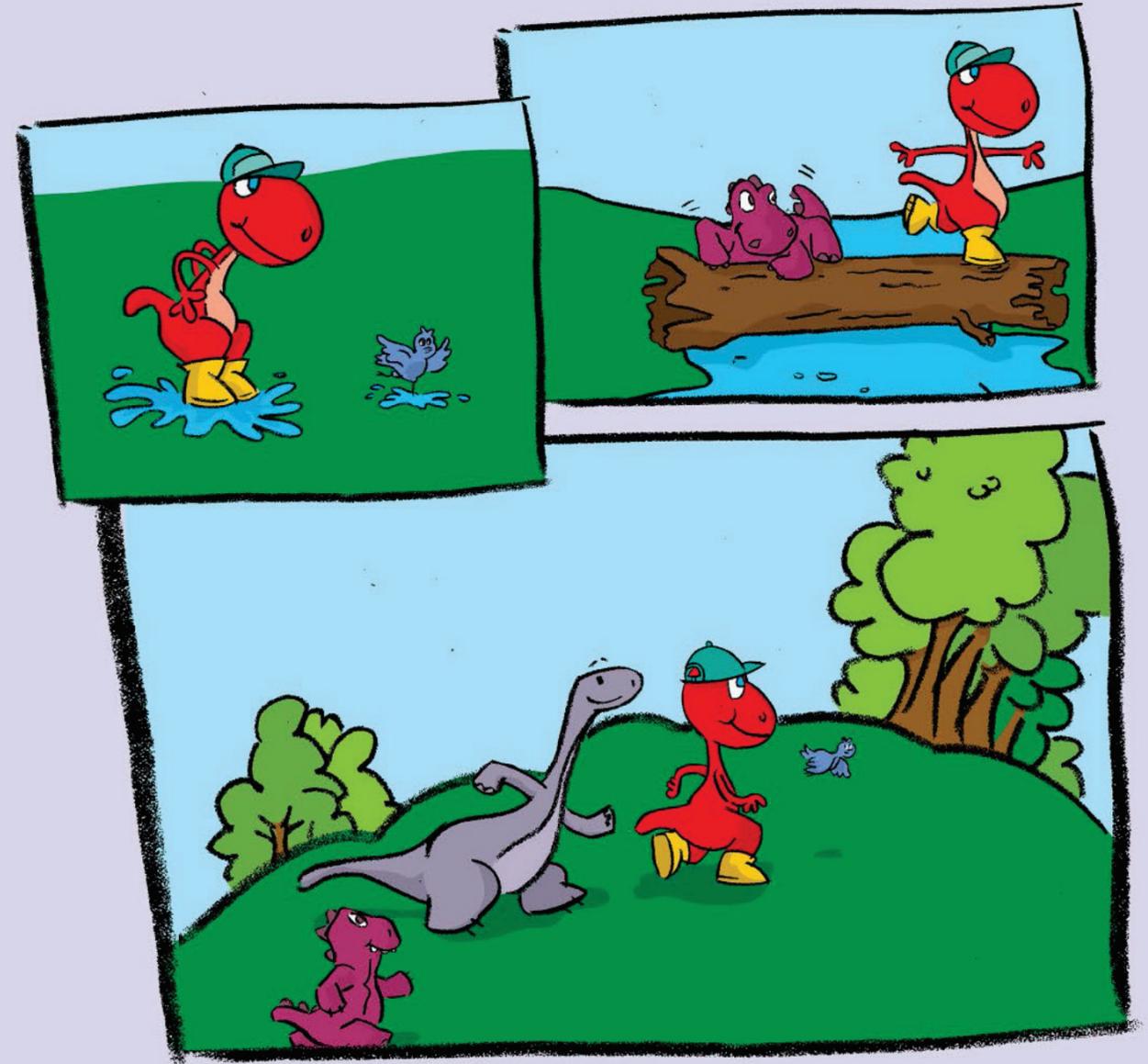
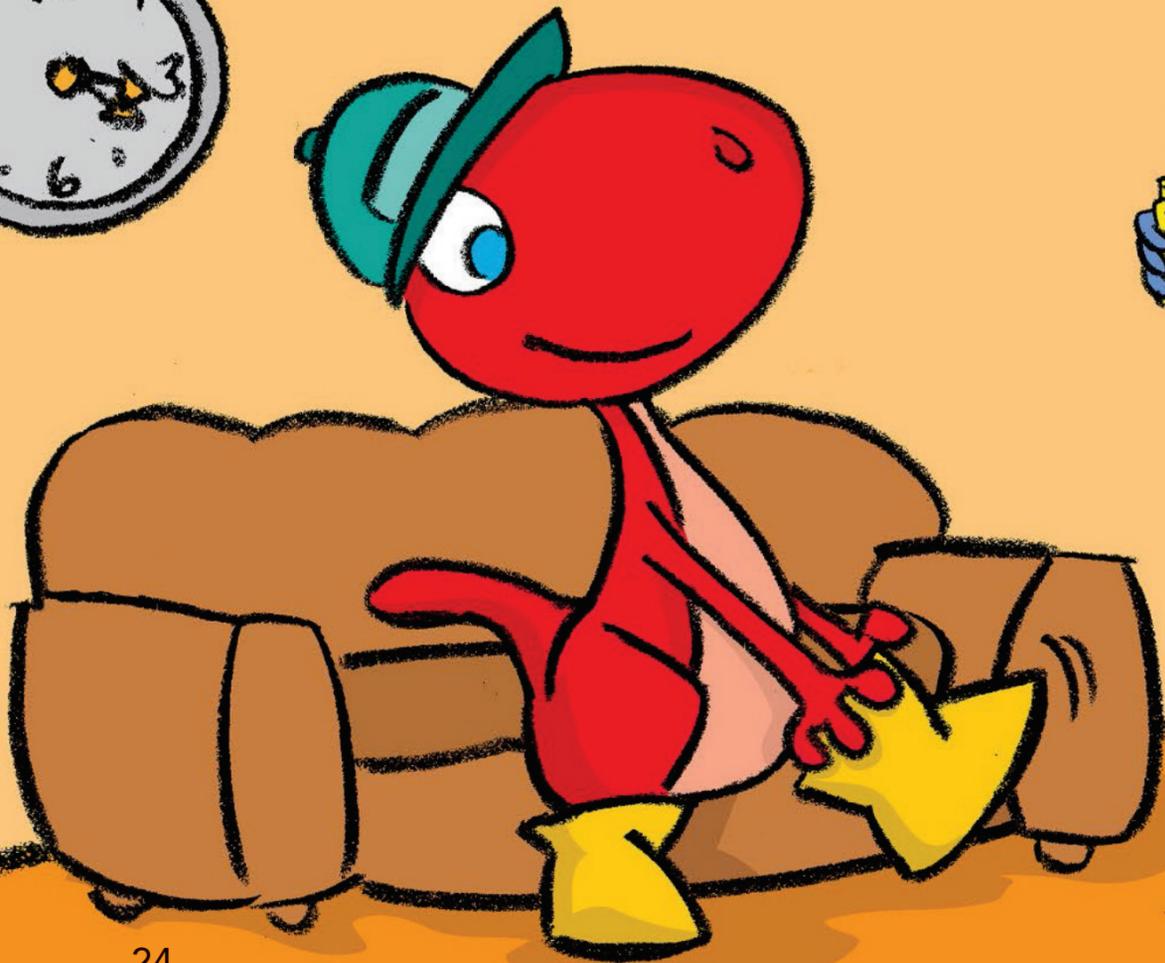
"Hey Murray!" chirps Bird.



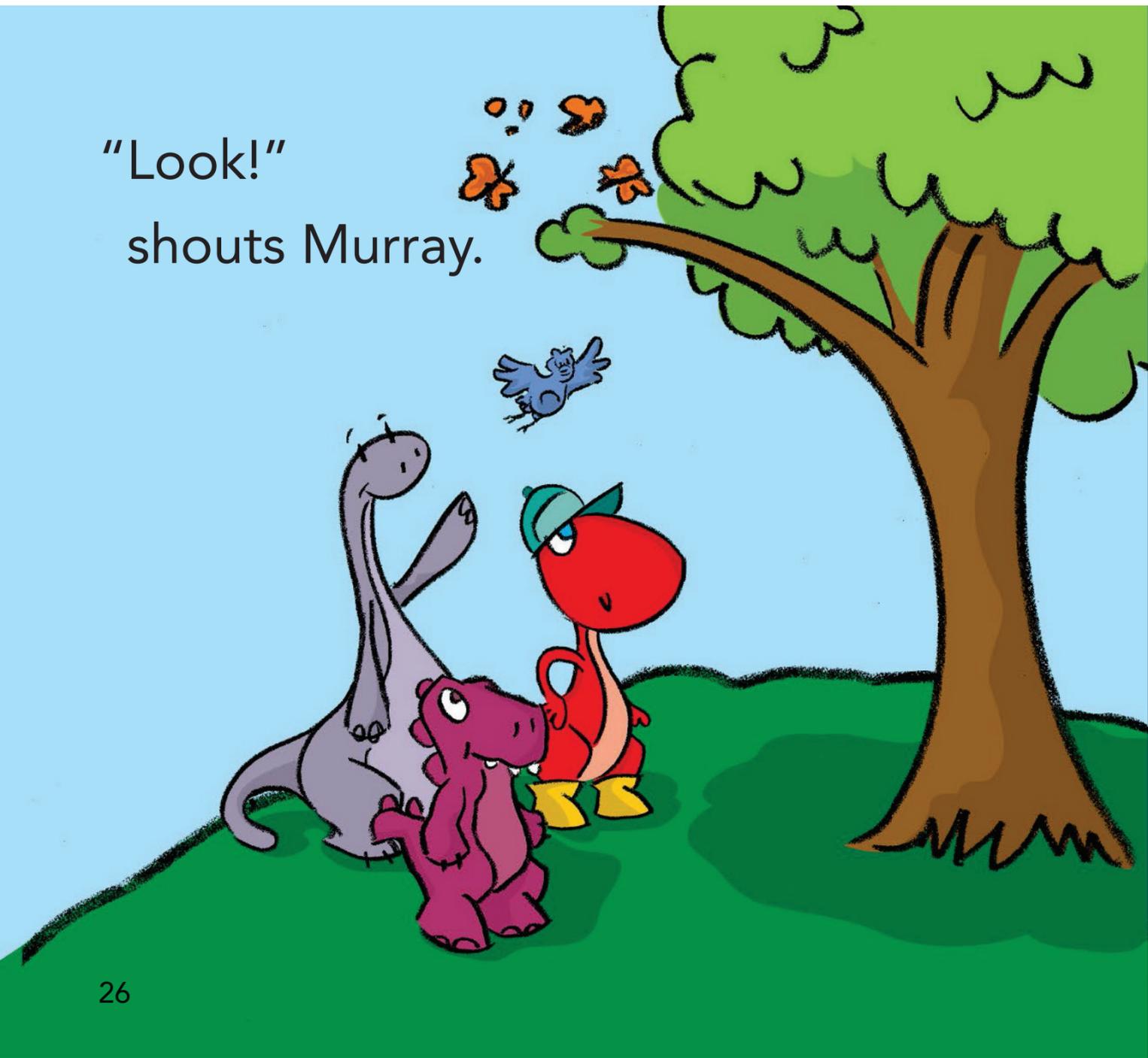
"I was thinking about the caterpillar.
I wonder if it's a butterfly yet?"



"Lets go see!"



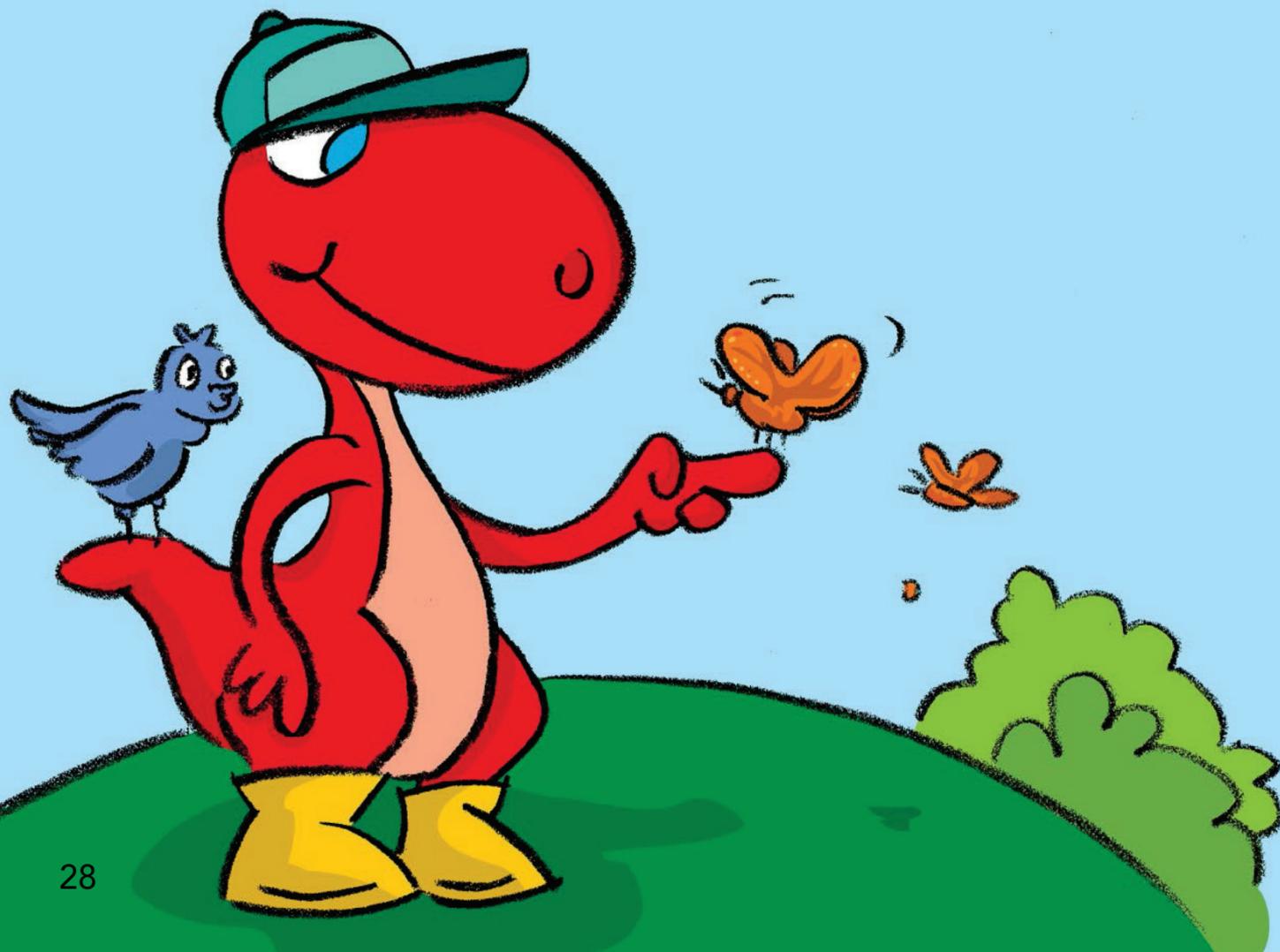
"Look!"
shouts Murray.



"Butterflies!"
they all cheer.



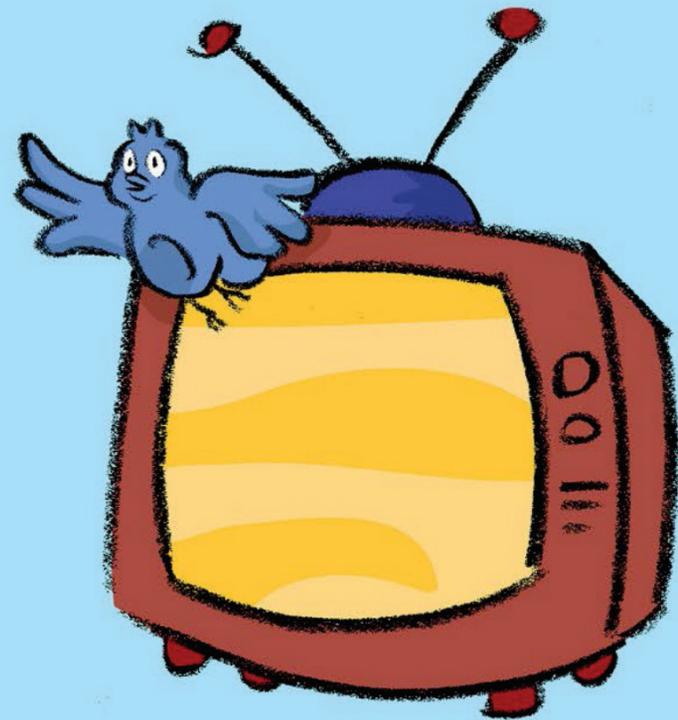
"Thanks for the fun adventure Bird!"



"See you next time!"



“Power off and play. Try it everyday.”



Why is it important to power off and play?

SCREEN TIME GUIDELINES:

Age	Recommended hours of screen time
Under 2 years	None ^{A,C}
2 - 4 years	Less than 1 hour a day ^{A,C}
5 - 17 years	No more than 2 hours of recreational screen time a day ^{A,B}

A. Canadian Society for exercise Physiology's Canadian Sedentary Behaviour Guidelinesⁱ

B. Canadian Society for exercise Physiology's 24-Hour Movement Guideline for Children and Youth^{ii, iii}

C. Canadian Pediatric Society's Position Statement on Screen Time and Young Children^{iv}

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