

# DISCOVER MORE FOR PARENTS

## HOW TO EARN SCREEN TIME

Screen time - it's the challenge of our generation! How do we help our children balance the ever-increasing urge for screen time with time spent outdoors, getting exercise, reading a book or helping around the house?

After the year we've just had, this challenge is greater than ever. This summer let's discover more of the world beyond our screens, try new things and (dare I say it) even learn to cope with a bit of boredom! For a healthy, happy life we need to look after:

- Our bodies
- Our minds
- The people around us

Spending too much time in a 'screen bubble' can cause these three vital areas to be neglected.

## THREE BEFORE SCREEN

Three before screen encourages children to do three things before they earn screen time (and you decide how much). They must do something for their body, their mind and for the people around them.

Each day choose three things from the list below or add some of your own. Spend 30 minutes on each activity to have a healthy, balanced start to the day before you pick up a screen.

	BODY	MIND	PEOPLE AROUND US
1	Go for a walk, run or cycle ride	Read a book	Make your bed
2	Play outside	Play, listen or sing along to music	Make everyone breakfast
3	Create an obstacle course	Try meditation	Empty the dishwasher or help Washing up
4	Visit the local park	Play a board game	Dust your bedroom
5	Do some yoga	Create a piece of art	Call an elderly relative and tell them about your day
6	Dance	Follow a recipe	Make everyone a drink
7	Take part in a sport	Write in a diary	Hoover the living room
8	Make a healthy snack	Make a plan for your day	Help with washing and putting away clothes
9	Create a target game e.g. try to throw a ball into a bucket	Watch nature note any birds, insects, animals that you see	Clean the worktops in the kitchen
10	<b>COMPLETE THE DISCOVER MORE CHALLENGE</b>		