

What did your child learn about at school?

Sometimes it can be hard to put down a device and transition to the next activity - at school or at home.

We learnt a little transition song that uses words and movement to help.



Screen Time is not a bad thing but we need to think about keeping a balance - balance Screen Time with Green Time.

Green Time includes all the healthy activities we do that are not on a screen. E.g. sport, dance, bike riding, reading, meditation, board games, time in nature etc.



YEARS 1-2 TERM 2, 2023

Some conversation starters:

- Can you think of a time when you found it hard to finish up your Screen Time?
- Let's listen to 'Finishing up Screen Time with Ollie' together and practice the moves.
- Think about the last week, what were your favourite Green Time activities?
- Are there any other Green Time activities we could try this week? Something different?



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