

### TIP SHEET FOR PARENTS & CARERS

**YEARS 3-4**  
TERM 2 2024

## What did your child learn about at school?

We experience many different feelings- some are **comfortable** (eg. happy, excited, relaxed) and some are **uncomfortable** (sad, angry, embarrassed).

All feelings matter.

It is important to have a balance between **Screen Time** and **Green Time**. Green Time can be any activity that helps us grow that is not on a screen. Eg. sport, reading, craft, music, board games, dance.

If we're watching and interacting with screens at night time, especially just before we try to go to bed, this can reduce the **amount and quality of our sleep**.



**FINISH UP YOUR SCREEN TIME**

## Some conversation starters:

- What are some examples of comfortable and uncomfortable feelings?
- What is your favourite Screen Time activity? What feelings do you notice when you're playing/doing this? Excited? Happy? Frustrated? Angry?
- Let's think of some new Green Time activities that we could try this month. Any ideas?
- What are some things we can do during the hour before bed that don't involve screens?

## Further Support: