

### TIP SHEET FOR PARENTS & CARERS

YEARS 1-2  
TERM 2 2024

## What did your child learn about at school?

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, reading, board games, time in nature etc.

Sometimes it can be hard to finish up and put down our devices. It's important to remember: **1 hour before dream time, finish up your screen time.**



## 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 others we could try this week?
- How can we get our brain and body ready for sleep?

## Further Support: