

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the Twinkl Parents website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Sometimes it can be difficult to regulate screen time and tricky for children to know how else to spend their time. Use this activity to learn more about the effects of too much screen time and then make a jar of screen-free activities together. Encourage them to add their own ideas of activities that work for you and your family.

What skills does this practise?

Creativity

Managing Behaviour

Understanding Feelings

Further Activity Ideas and Suggestions

If your child enjoys using screens and gaming but you're encouraging more screen-free activities, they might like this [Games Controller Colouring Sheet](#) or this [KS1 Respectful Gaming Chat Activity](#). To support you to navigate the online world with your child, have a look at our [Parent Guide to Online Safety for Children Aged 5 - 7](#).

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents Hub

Finding a Screen Time Balance



What is screen time?

Screen time is time spent using a screen, including tablets, computers, TVs, phones and games consoles.

Do you spend a long time on a screen?

It is important not to spend too long on a screen, as studies have shown that it can affect many aspects of our lives.

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.

Some ingredients and/or materials used might cause allergic reactions or health problems. You should ensure that you are fully aware of the allergies and health conditions of those taking part. If you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Activities listed within the resource should always be supervised by an appropriate adult. Children should be supervised when using sharp items such as scissors or other tools. Please make sure you are aware that children may put craft items into their mouths, and that they should wash their hands afterwards. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care and that we will accept no liability as a result of the activity.

This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information.

It can affect our physical wellbeing. We might not get enough exercise or our eyes or neck might ache.

It can affect our concentration. We might find it hard to focus on one thing.

It can affect our mental wellbeing. We might feel sad or anxious. We might become detached from the real world.

It can affect our sleep. We might have trouble switching off and getting to sleep. Even if we do sleep, it might not be good quality sleep.

It can affect our behaviour. We might feel angry or frustrated more easily.

Try to take a break from your screen as often as you can. You could set a timer for breaks, or ask your adult to remind you when to come off.

We should try to balance our screen time with other activities. Which activities could you choose?

Make a Jar of Screen-Free Activities

Instructions

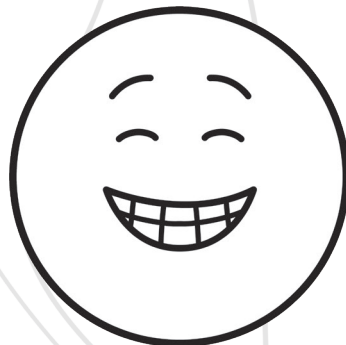
1. Cut out the jar label and decorate it, then glue it to your jar or container.
2. Carefully, cut out the activity cards. Fold each one and put them into the jar.
3. In the empty boxes, add in your own screen-free activity ideas and add them to your jar.



Using Your Jar

When you are using a screen, it is important to take regular breaks. Talk to your adult to agree on the length of time to use your screen. Set a timer so you know when your time is up. Then, pick an activity card out of your jar and go and do this activity instead.

Screen-free
activities



Ride your bike.

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Play with your pet.

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Play hide and seek.

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Make a piece of natural art using leaves, twigs and pebbles.

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Write a letter or draw a picture for a relative or friend.

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Make a den with some sheets and chairs.

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Make an edible picture with cut-up pieces of fruit.

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Play some loud music and dance.

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Set the table for tea or help to tidy up.

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Make a poster of your favourite sports team.

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Play football.

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Set up a tea party for your toys.

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Sow some cress seeds in an old yoghurt pot.

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Make a birthday card or a friendship card for someone.

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Plan a menu for a family meal.

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Read a book or a comic.

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Using toy building bricks, build the highest tower you can without it toppling over.

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Create your own dot-to-dot picture.

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Go for a walk with your adult.

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Go and find a family member and ask them about their day.

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Set up an obstacle course in the garden and time yourself completing it.

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Help with cooking tea or baking a treat.

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Play a board game or a card game.

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Make up your own language - write down your new words and try saying some sentences.

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