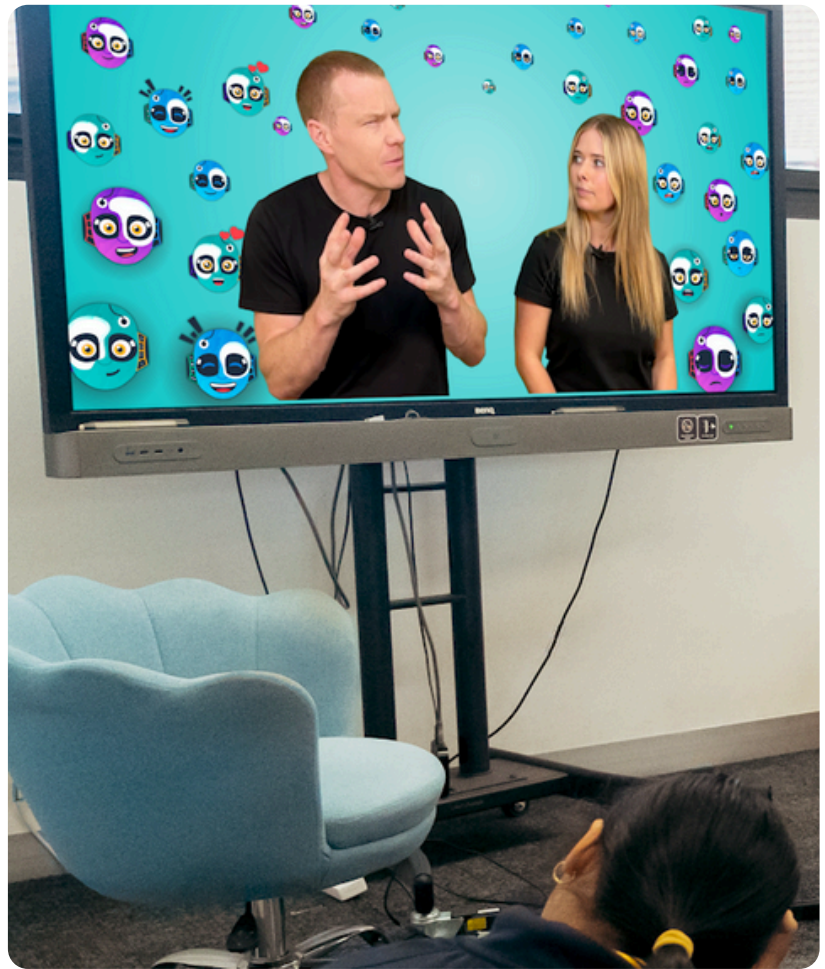


Here's what we covered:

- Online we experience many different feelings- some are comfortable (eg. happy, excited, relaxed) and some are uncomfortable (jealous, angry, embarrassed).
- When we recognise things we do online that make us feel uncomfortable (games, chat etc.) we can 'switch it up'.
- It is important to have a balance between screen time and screen 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.



Some conversation starters for home:

- What are your favourite screen time activities? (games, apps, websites, shows) And why?
- What feelings do you notice when you're online... excited? happy? frustrated? angry?
- If you had to 'switch it up' and make a change to one of your online habits, for the better, what would it be?
- Let's think of some new green time activities that we could try this month. Any ideas?