INFORM & EMPOWER
Digital Safety & Wellbeing

YEARS 3-4
TERM 2, 2023

What did your child learn about at school?

We experience many different emotions- some are <u>comfortable</u> feelings (eg. happy, excited, relaxed) and some are <u>uncomfortable</u> feelings (sad, angry, embarrassed).
All feelings matter.

The things we do regularly on our devices are our <u>Screen Time habits</u>.
If we're feeling uncomfortable online, we can choose to make a change and/or seek help.

GREEN TIME   **SCREEN TIME**

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.

Some conversation starters:

- What are some examples of <u>comfortable</u> & <u>uncomfortable</u> feelings?

- Can you think of a time someone you know was feeling 'uncomfortable'? Why?

- What is your favourite <u>Screen Time</u> activity? What feelings do you notice when you're playing/doing this? Excited? Happy? Frustrated? Angry?

- Let's think of some new <u>Green Time</u> activities that we could try this month. Any ideas?

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