

YEARS 1/2 | TERM 2, 2025 INFORMATION FOR PARENTS & CARERS

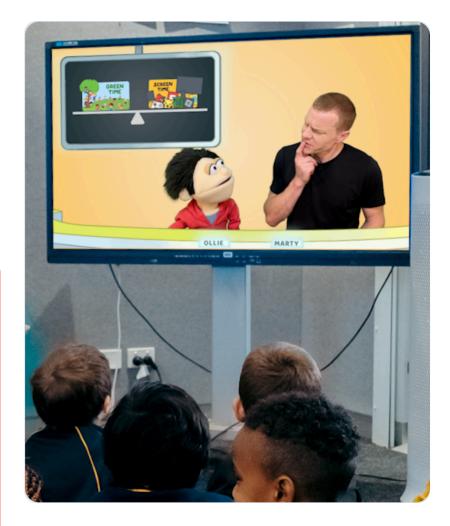
Here's what we covered:

 It's important, and healthy, to balance screen time with green time - all the things we do when we're not on a screen.

Screen Time & Green Time'

- Because sleep is really important we need to remember that "1 hour before dream time, finish up your screen time".
- Sometimes it can be hard to put our devices down but there are things we can do to make that transition easier.

'Finishing Up Screen Time'



Some conversation starters for home:

- What do you think could happen if you didn't have any green time?
- Are there any new or different green time activities we could try this week?
- Can you think of a time when you found it hard to finish up your screen time? And why was it tricky?
- Let's listen to '<u>Finishing up Screen Time with Ollie</u>' together and practise the moves.
- How can we get our brain and body ready for sleep?