

Less   
screen time  


Too much screen  
time makes it  
harder for children  
to understand  
feelings and stay  
calm.



## More play time

Outdoor play helps reduce stress and  
boosts your childrens mood, focus, and  
emotional well-being.

## Need some playful ideas?

**Discover our 50 screen-free activities for children under 5!**  
From outdoor discoveries in the woods to sharing stories at home,  
find your favourite activities and try them again and again!



**Scan here for more**

*Please explore our app on your own, as it is important that  
children's use of screens is minimised in their early years.*

**50** things to do **five** before you're