

Less 
screen time


Spending too
much time on
screens can
lead to eye
strain.



More play time

Going outside to play in natural light
helps relax the eyes.

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