

Less screen time

Too much screen time means children are sitting or lying down for long stretches, making it hard to stay active.



## More play time

Outdoor play helps reduce stress and boosts your children's 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