

TIME TO REST LITTLE SCREEN

No one is immune from the allure of screens – big people and little people.



Lots of research says that screen time should be balanced with a range of activities.

But that's easily said and harder done.

Sometimes being playful can help with hard things!

So, we've created this fun drawing activity for families to do at home together to add some play into the tricky issue of screen time and start a conversation about having downtime from phones and other devices.

Also, drawing and making together is a wonderful early learning and development activity and helps to develop children's cognitive, emotional, social and physical skills.

And, just to be clear, the "bed" is not just for the kids' phones or devices – but yours too!

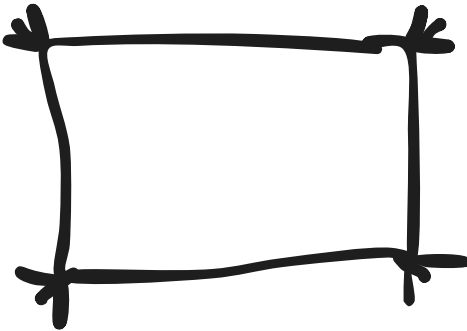
Instructions:

- You will need: drawing tools and a stapler
- Print pages one-sided!
- When printed, fold along the dotted line in the direction of the arrow to create your device's "blanket"
- For larger devices, consider printing in A3!

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There's an example of an idea at the end (page 5). Printing this page is optional (it's in colour!)

DEVICE BED



This device needs a rest -
so we can sing and play!

STAPLE HERE!

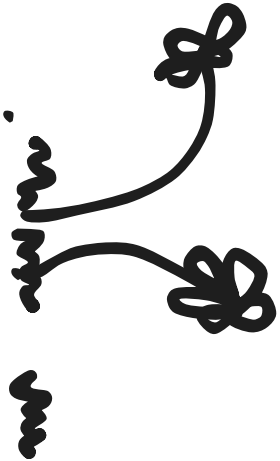
STAPLE HERE!

FOLD HERE



garden

DEVICE BED



This device needs a rest -
so we can sing and play!

STAPLE HERE!

STAPLE HERE!

FOLD HERE



ocean

DEVICE BED



This device needs a rest -
so we can sing and play!



FOLD HERE

STAPLE HERE!

STAPLE HERE!





Here's an idea - a floral bed for a phone! I think the phone is getting SLEEEEEEPY!

Or what about drawing a fluffy pillow and a stripey or spotty blanket. Hmmmm...cosy!

There's no right or wrong, just many possibilities!
What are you going to try?

