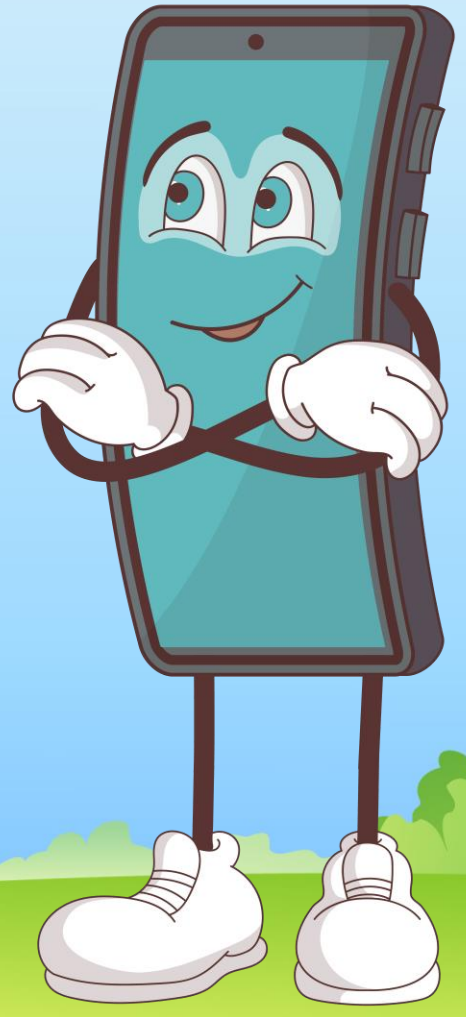
SMILERS and SCREEN TIME

The way we choose to spend our time is our own choice, however if we choose to spend too much time looking at a screen then we could miss out on other things that support our wellbeing.



The **SMILERS** ways to wellbeing are guides that can help us to manage our thoughts and feelings and help boost our mood.

- Can you remember what the word **SMILERS** stands for?
- Can you complete the **SMILERS** challenges below?

Stay Connected

Different apps and online games can be great for staying connected with our friends and family.

Challenge

- Think of your favourite ways you connect with others online.
- Think of different ways you connect with others offline.

Why does spending time with others matter to you?

Move

Moving our bodies can reduce our stress hormones and boost our mood.
It can help us to manage our behaviour and helps us to feel more relaxed.

Challenge

- What do you enjoy doing that involves moving your body?

Why does moving your body for at least 60 minutes everyday matter?

Interest

Learning new skills is great for your wellbeing. Not always easy though! Sometimes we stick to the same thing and find it hard to try new things.

Challenge

- Share an interest, game or skill with a family member or friend and ask them to share something too.
- What did you learn?

Why does trying new things matter?

Look

Have you heard about ‘fake news’ on the internet. Sometimes people believe it.

Challenge

- Can you make up a fact and then try and convince someone that your fake news is real?

Why does it matter that we don’t always believe what we read or hear?

Eat Well

When we spend a long time on our screens we can sometimes forget to eat properly.

Challenge

- Kitchen takeover!
- Find a recipe that you can make from scratch, you might need an adult to help you.

Why does eating a balanced diet matter?

Rest

Did you know that 5 and 11 year olds need between 9 and 12 hours of sleep a night.
Did you also know that the blue light that comes from a screen can make it harder to fall asleep.

Challenge

- Can you pledge to have at least 30 minutes of **screen free** time before bed?

Why does a good night's sleep matter?

Support

At some point in our lives, we might see something online that makes us feel a bit worried or upset.

Challenge

- Can you think of 3 people who you could rely on to help you if you had a problem?

Why does sharing our worries matter?

Final Challenge!

Can you think of one activity that you could do outside that includes **all** of the **SMILERS** ways to wellbeing.