



# Green Time vs Screen Time

## Family Challenge

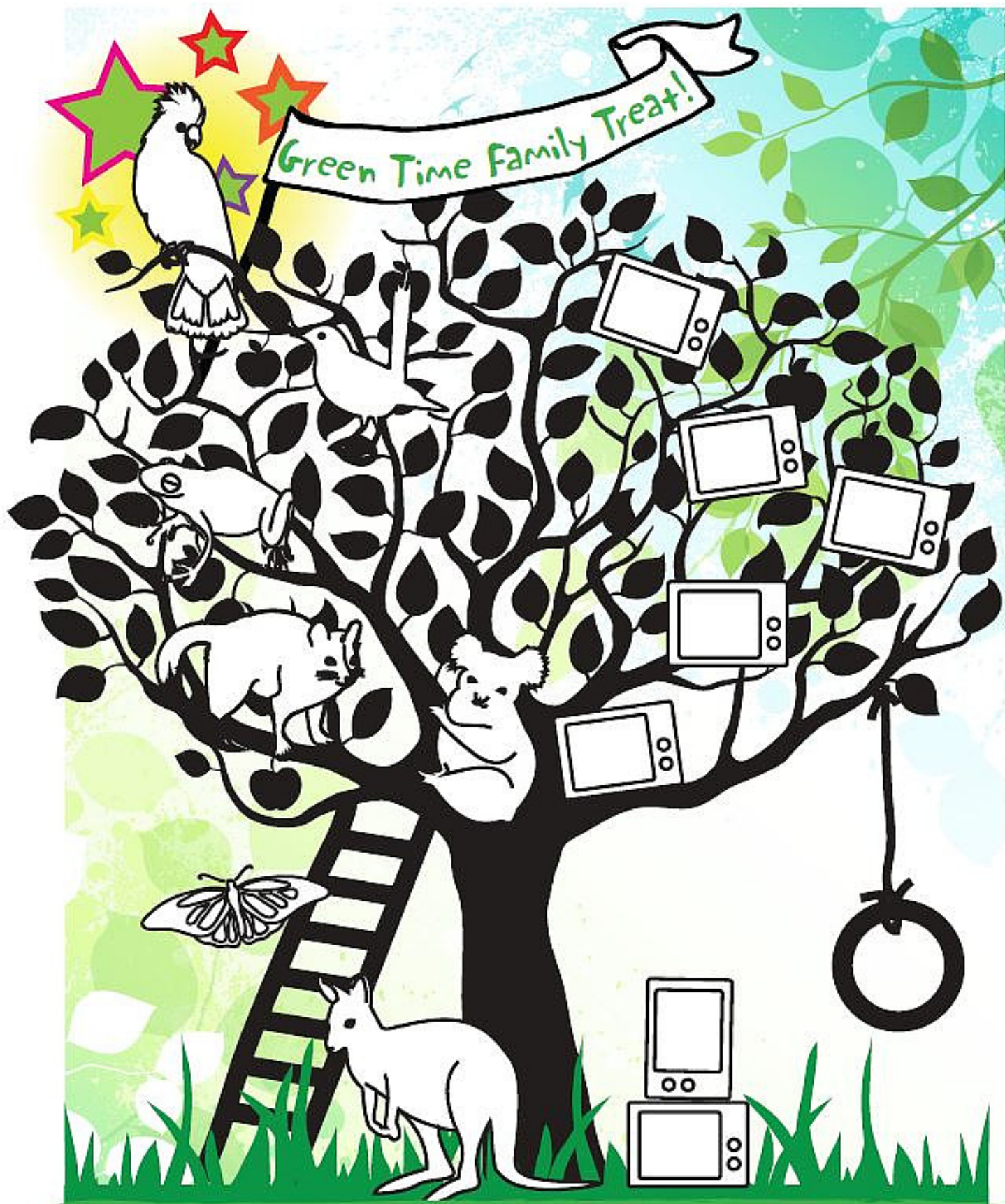
Use the Green Time vs Screen Time tool to help you keep track of how much time your children are spending playing outdoors (green time), versus time spent indoors, watching TV or screen devices like tablets or computers (screen time).

How to use the Green Time vs Screen Time Tool:

- 1 Print the 'Green Time vs Screen Time' flyer and put it on your fridge.
- 2 Get the family together and agree on a family treat - something simple like a family bike ride, a trip to the beach or their favourite meal - and write it down in the space provided on the flyer.
- 3 Every day your children spend at least an hour outdoors in 'green time' they should colour in one of the native animals on the left.
- 4 Each time your children spend an hour indoors in 'screen time' they should colour in one of the screens on the right.

The Aim: The aim is to colour in all of the 'green time' animals before all of the 'screen time' screens are coloured in.

The Prize: If all of the 'green time' animals are coloured in first then the prize is the family treat you agreed upon earlier in the week!



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Our Green Team Family Treat this week will be: