

# Alternative activities for screentime



When the screen is off it's helpful to have other activities and toys for your child to keep them engaged and stimulated.

Household chores can be a great way to keep kids busy and learn life skills. Why not turn on some music and have a dance while you work together to complete your list of chores.



## Laundry

- Sort socks into pairs
- Gather laundry for washing
- Pass clothes or hand pegs to you when hanging out the washing
- Put away their own folded washing



## Car cleaning

- Give your child their own sponge to help wash the car
- Wash the bikes and scooters
- Grab some old paint brushes and create water paintings on the driveway
- Your child can help wipe down the inside of the car with a damp cloth



## Mealtime help

- Have your child set the table while you are cooking dinner
- Ask your child to collect ingredients and prepare some foods
- Create a menu for the meal and have your child draw pictures of the food
- Provide a spare pot and wooden spoon to play with



## Gardening

Gardening is great fun and provides active outdoor time. Your child can:

- Water gardens
- Dig holes for planting
- Help pull out weeds



**Instead of screen time being a sedentary activity, why not make screen time active and educational.**

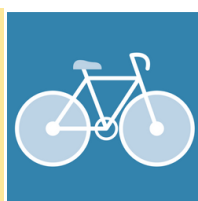
### Active

Find some videos that your child can dance along to or some calming yoga moves to wind down.

### Educational

Research educational topics:

- Rain cycles
- Caterpillar/tadpole lifecycles
- Science, technology, engineering and mathematic concepts



'The heart of a child'  
by Worimi Artist  
Lara Went

**Good for kids**  
Good for life

