

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 the garden
- Dig holes for planting
- Help pull out weeds



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

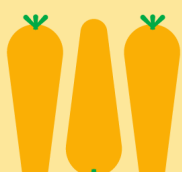
Active

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