

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

Spending too much time on screens can affect sleep patterns and concentration and even increase the risk of becoming overweight. It can also have an impact on emotional wellbeing. This colourful poster can be displayed somewhere in your home to act as a reminder of all the fun activities you could be doing for some screen-free active relaxation.

## What skills does this practise?

Computing

Computer Safety

Wellbeing

Mental Health Awareness

## Further Activity Ideas and Suggestions

If you would like to learn more about developing positive screen time habits, take a look at this [parent and carer information sheet](#). These handy [Countdown to Screen Time](#) or [Lift Off for Screen Time Checklist](#) charts might also be helpful when monitoring your child's use of technology.

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

# Digital Detox: Active Relaxation



Do a crossword  
puzzle



Listen to  
music



Spend time in  
nature



Go for a  
walk



Ride your  
bike



Dance



Have a  
bath



Play with  
your pet



Play an  
instrument



Bake a  
cake



Have a hot  
drink



Paint or draw  
a picture

We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.