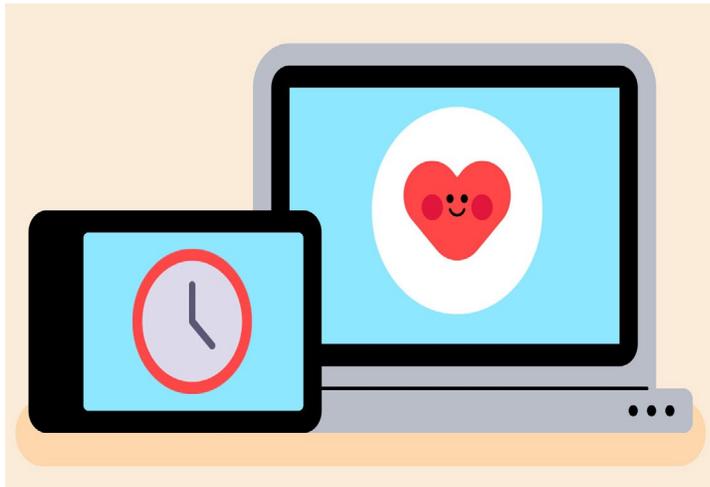# Switch off challenge

- Pens or pencils
- Scrap paper
- Smartphone or tablet

Before you begin
- Print enough 'Switch off' sheets for each person   - the Blue wheel sheet shown below.
- Alternatively, get crafty and make your own by cutting a large circle from card and dividing it into 24 segments. If you want to do this, find time in your session and gather any materials you'll need.

What's your screen time?
1. Everyone should think about the different screened devices they use. They could think about phones, tablets, laptops and computers, gaming, and television.

2. Everyone should think about the benefits of screen time. It's a great way to communicate and socialise with friends (including playing games), access information (including researching and studying), online shop, be entertained, or learn (through reading or watching tutorials).

3. Everyone should chat about why it's important to balance screen time and green time. It's important to make space for other activities such as sports and creative activities;

it's also important to spend time with people face to face. Time away from screens helps people develop confidence and communication skills, allows them to rest their eyes, and supports positive mental health.

4. Everyone should think about how long they spend on screens each day. Remind people to be honest – there's no space for judgement in this activity.
5. Everyone should think about how to adjust devices to support 'digital wellness'. This could include adjusting the blue light setting, using night or wind down modes, or setting time limits. If people have their phones with them, they could explore the settings and make changes.

Objectives:

6. Everyone should work together to think about ways they could take back control over their screen time. This could look like putting some boundaries in place, for example, switching their phone off at night, removing screens from their bedroom, or having a set amount of screen-free time before bedtime (or in the morning).

7. Everyone should work together to think of screen-free 'green time' ideas. There aren't any right or wrong answers here – different things appeal to different people.

8. Give your child a 'Switch off' sheet and set the switch off challenge. For every hour people spend on screens, they should spend an hour doing something offline (and screen-free).