

# Scroll time or play time?



Grades: 1 to 3

We use screens every day for things like watching shows, playing games and learning new things. Screens can be fun and helpful, but it's also important to spend time doing other activities too!

In this activity, you'll sort different activities into screen time and/or no-screen time. Look at each activity, and decide if the activity uses a screen or not.

**Note:** Some activities can be done with OR without a screen – you can check both columns.

	Screen time	No-screen time
Watching videos	<input type="checkbox"/>	<input type="checkbox"/>
Playing video games	<input type="checkbox"/>	<input type="checkbox"/>
Reading a book	<input type="checkbox"/>	<input type="checkbox"/>
Dancing	<input type="checkbox"/>	<input type="checkbox"/>
Doing homework on a computer	<input type="checkbox"/>	<input type="checkbox"/>
Playing outside	<input type="checkbox"/>	<input type="checkbox"/>
Video calling family or friends	<input type="checkbox"/>	<input type="checkbox"/>
Building with blocks or LEGO	<input type="checkbox"/>	<input type="checkbox"/>
Listening to music on a phone	<input type="checkbox"/>	<input type="checkbox"/>
Playing a board game	<input type="checkbox"/>	<input type="checkbox"/>

**Challenge activity:** Draw your favourite screen activity and your favourite non-screen activity.

