

THREE BEFORE SCREEN

BODY



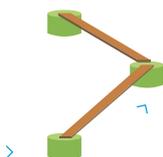
Go for a walk, run
of cycle ride



Play outside



Create an obstacle
course



Visit the
local park



Do some yoga



MIND



Read a book



Play, listen or sing
along to music



Try meditation



Play a board game



Draw, paint or
create a piece of art



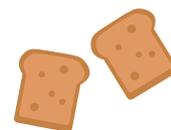
PEOPLE AROUND US



Make your bed



Make everyone
breakfast



Empty the dishwasher or
help washing up



Dust your
bedroom



Call an elderly relative and
ask them about their plans
for the day



THREE BEFORE SCREEN

BODY



Dance



Take part in a sport



Make a healthy snack e.g. raw veg, fruit salad, smoothie



Create a target game e.g. try to throw a ball into a bucket



MIND



Follow a recipe and make some tasty food



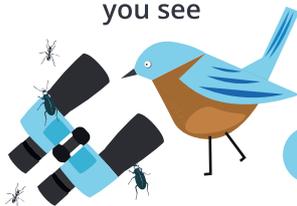
Write in a diary



Make a plan for your day



Watch nature - Write down how many birds, insects, animals you see



PEOPLE AROUND US



Make everyone a drink



Hoover the living room



Help with the washing and putting away clothes



Clean the worktops in the kitchen



Three before screen encourages children to do three things before they earn any screen time. They must do something for their body, their mind and for the people around them.

Each day choose three cards to complete - one from each category. Spend 30 minutes on each activity to have a healthy, balanced start to the day before you pick up a screen.