



This screen time journal belongs to:



# My screen

# time journal

**SCREEN OFF**  
**LIFE ON**

Get up, get out, get happy

JOIN US:  
MOVE.PLAY.



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/SCREENOFFLIFEON

f t i #ScreenOffLifeOn



# SCREEN OFF LIFE ON

## Get up, get out, get happy

This journal will help you to plan the next 3 weeks to swap some screen time for something fun off screen to feel good and move more! Did you know moving or playing for just **60 minutes** a day will help you feel healthier and happier?

It's easy, just follow these 4 simple steps...

### Step 1

Choose your reward

### Step 2

Make your plan

### Step 3

Fill in your weekly swaps

### Step 4

Fill in your weekly emojis

## IT'S GREAT TO GET OUTDOORS

Bradford has 44 parks from formal Victorian parks to amazing wild moorlands!

- 1 Getting outdoors and off screens can help you and your family move more and feel better.
- 2 Going outdoors more will also build resilience and independence, develop skills for adult life and be a lot of fun!\*

PLAYING OUTSIDE IS GOOD FOR EVERYONE



## Here's some things to know about screens...

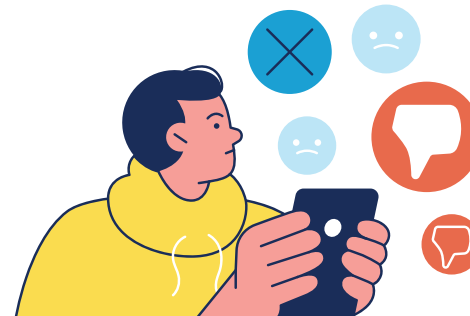
### THE GOOD

- 1 They can be used for **active classes online**, like dance, boxing and other activities.
- 2 Screens can be used for **learning** about new things and **staying in touch** with family and friends.
- 3 Screens can help you to be creative. Did you know Bradford born artist David Hockney began drawing with the iPhone in 2008?



### THE NOT SO GOOD

- 1 Too much time on screens is replacing time for movement and play that are both great for mental and physical health.
- 2 Too much screen time, like when it becomes addictive, is linked to anxiety and depression.



- 3 Children and parents are both concerned about **someone pretending to be the child's age online**.
- 4 Too much screen time is linked to **lack of motivation and poor focus**.
- 5 Too much screen time is linked to **sleep and eyesight problems**.
- 6 Too much screen time is **bad for our health** and is linked to being overweight and obese.

\*Always ask your parent/carer for permission before you set off. Remember to tell them where you are going, who you are going with and when you expect to be back. For more information visit [joinusmoveplay.org/besafe](https://joinusmoveplay.org/besafe)

# SCREEN OFF LIFE ON

Get up, get out, get happy

# Hello.

This journal belongs to:

I am  years old and go to:

school, and my postcode is:



LET'S  
MOVE  
LET'S  
PLAY!

## LET'S GET STARTED

We have some simple questions for you to answer before you start your journal. We will ask you the same questions at the end - so you can see how you feel now and after 3 weeks.

Circle the thumb that best shows how you feel.



I want to swap some time on screen for something more active off screen



I feel confident about swapping some time on screen for something more active off screen



I know how to swap some time on screen for something more active off screen



## How to use your journal



This journal will help you to track how you're getting on week by week.

- 1 Keep it where you will remember to use it. This could be on your bed or on your drawers in your room.
- 2 Just after mealtime can be a good time to fill out your journal or before bedtime.
- 3 You can complete it on your own or with an adult. Remember your parents have their own journal to fill in, so it's a good idea to remind one another and try to do this together.



Don't forget we've got loads of active ideas for you:  
[joinusmoveplay.org](http://joinusmoveplay.org)

JOIN US:  
MOVE. PLAY.



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## CHOOSE YOUR REWARD

Every young person who completes their journal will be entered into an AMAZING prize draw and can win one of the prizes on this page! Pick the prize you would like to win by ticking the box.

### PLUS

Every school that returns over half of their journals completed will be in with a chance of winning an activity for their school, like a bouncy castle or an inflatable assault course.



### 1 Jumparooz

4 tickets for family/friends to Jumparooz Trampoline Park Bradford

Access to all areas including foam pit, wall climbing and Ninja Assault Course.



### 2 Go Karting

4 tickets for family/friends to Go Karting Bradford

Go karting track in Bradford's Becks Business Park, with G-force bends, supremely fast straights and heart-thumping ramps!

### 3 A bike

An amazing chance to win your own dream bike.

Cycling is a great way to explore Bradford. It's also great for mental wellbeing and independence.\*



### 4 Theme Park tickets

4 tickets for family/friends to Alton Towers Theme Park or Lightwater Valley Family Adventure Park.

Fun activities and adrenaline-pumping experiences for the whole family.



There will be a contribution to travel costs if these are required.

## Setting goals

It can be tricky to start journaling and do it everyday so it's nice to think of some small free treats that you can look forward to!

Have a think and agree with an adult how you will celebrate your journaling at the end of every week.

Ideas for my rewards:

Signed by a parent, carer or family member:

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## MAKING YOUR PLAN

To help you swap some of your screen time to feel good and move more, it's important to make a simple plan that will work for you. Don't forget you can use your **Find your Fun activity swapper** to help you find some more fun activities.



Pick something you do every day that you think you can swap.

For example: Swap 30 minutes of being on my phone **or** Swap 20 minutes of watching TV.

Think about when and where you could do something different and who do you think you could do it with?

For example: Do something after dinner with my family in the garden **or** Do something at the weekend with my friends in the local park.

BE  
HEALTHIER  
AND  
HAPPIER!

## What will you do instead?



Write down a few ideas so that you have more than one activity to choose from.

- 1
- 2
- 3

Dance and sing at home.



Discover a new hobby.



Play footy with your friends.



Write down something which would help you to swap some time on screen for an activity off screen.

# WEEK 1

Complete this chart for the whole week.  
Make sure you record as much information as you can.



Get up, get out, get happy



Day	How much time did you spend on screens today?	Did you swap some screen time for something active?	What was the activity?	Total time of activity

If I fill out my journal for Week 1 my treat is:

Total time swapped this week:

# SCREEN OFF LIFE ON

**Get up, get out, get happy**

Take some time to think about how you felt at the end of the week.

When you have completed your journal, we'll be able to look back and see if swapping some screen time for something active, improved your mood.

## BEFORE SCREEN SWAP

Circle the emoji that shows how you were feeling before you swapped some time to do something off screen



## AFTER SCREEN SWAP

Circle the emoji that shows how you were feeling after you swapped some time to do something off screen



Thinking back to your plan, how has it been going?



Do you want to change your plan for week 2? If so, how?



 I didn't swap anything this week

# WEEK 2

Complete this chart for the whole week.  
Make sure you record as much information as you can.



Get up, get out, get happy



Day	How much time did you spend on screens today?	Did you swap some screen time for something active?	What was the activity?	Total time of activity

If I fill out my journal for Week 2 my treat is:

Total time swapped this week:



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Take some time to think about how you felt at the end of the week.

When you have completed your journal, we'll be able to look back and see if swapping some screen time for something active, improved your mood.

## BEFORE SCREEN SWAP

Circle the emoji that shows how you were feeling before you swapped some time to do something off screen



## AFTER SCREEN SWAP

Circle the emoji that shows how you were feeling after you swapped some time to do something off screen



Thinking back to your plan, how has it been going?



Do you want to change your plan for week 3? If so, how?



 I didn't swap anything this week

# WEEK 3

Complete this chart for the whole week.  
Make sure you record as much information as you can.



Get up, get out, get happy



Day	How much time did you spend on screens today?	Did you swap some screen time for something active?	What was the activity?	Total time of activity

If I fill out my journal for Week 3 my treat is:

Total time swapped this week:

# SCREEN OFF LIFE ON

**Get up, get out, get happy**

Take some time to think about how you felt at the end of the week.

When you have completed your journal, we'll be able to look back and see if swapping some screen time for something active, improved your mood.

## BEFORE SCREEN SWAP

Circle the emoji that shows how you were feeling before you swapped some time to do something off screen



## AFTER SCREEN SWAP

Circle the emoji that shows how you were feeling after you swapped some time to do something off screen




Thinking back to your plan, how has it been going?



Would you change your plan next time? If so, how?



 I didn't swap anything this week

# Congratulations

You have completed your **Screen Off, Life On** journal!

You've done really well and the **JU:MP** team hope you've enjoyed it and found lots of fun, new activities to try along the way.



Can you answer the same questions from the start of the journal to see how you feel?

Circle the thumb that best shows how you feel.



I want to swap some time on screen for something more active off screen



I feel confident about swapping some time on screen for something more active off screen



I know how to swap some time on screen for something more active off screen



## What you can do next



Now that you have created some good habits and swapped some time on screen for activities off screen you might want to do the following:

- 1 Continue your weekly habits and use your Find your Fun swapper to try new things each week
- 2 Carry on journaling by using our online version at [joinusmoveplay.org/ScreenOffLifeOn/journal](https://joinusmoveplay.org/ScreenOffLifeOn/journal)
- 3 Find FREE local activities and sports sessions near you at [whatson.joinusmoveplay.org](https://whatson.joinusmoveplay.org)

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## DON'T FORGET

Give your completed journal to your children's teacher who will put it in a box at reception. The JU:MP team will collect this for you and you'll be entered into an amazing prize draw!

# SCREEN OFF LIFE ON

Get up, get out, get happy



MOVE AND  
PLAY EVERYDAY  
TO BE HAPPY,  
HEALTHY AND  
HAVE LOTS  
OF FUN.





# SCREEN OFF LIFE ON

Get up, get out, get happy

LESS NETFLIX  
MORE BMX TRICKS



BRING  
BACK  
PLAY!

All information correct at time of printing.

Competition T&Cs: Only one competition entry per person. We will not share your (parent/child) personal details with third parties unless they have won a competition, in order for your child to receive their prize. These details are to be used for prize-giving only and not marketing purposes. No cash alternative for any prizes will be offered. The winner may be required to partake in media activity relating to the competition. There will be a contribution to travel costs if these are required. Prizes must be claimed and used within a three month period from the date of the prize draw.

Please refer to JU:MP's policy for safe travel guidelines: [joinusmoveplay.org/besafe](https://joinusmoveplay.org/besafe)

For more privacy information visit: [joinusmoveplay.org/privacy-policy](https://joinusmoveplay.org/privacy-policy)



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