

SCREEN OFF LIFE ON

Get up, get out, get happy



CUT OUT THIS SHAPE

ACTIVITY SWAPPER

A small swap can make a big difference.
Try switching your screens off and
spinning the swapper wheel to **pick an
activity** to help you get up, get out
and get happy instead!



All information correct at time of printing.

*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

For more privacy information visit: joinusmoveplay.org/privacy-policy



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