



SCREEN OFF
LIFE ON

Get up, get out, get happy

My screen time journal

JOURNAL
FOR PARENTS,
CARERS AND
FAMILY
MEMBERS

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SCREEN OFF LIFE ON

Get up, get out, get happy

This journal will help you to plan the next 3 weeks and help you swap some screen time. Your child also has their own journal to fill in - encourage one another to complete these to have the chance to win a BIG family prize! Did you know moving or playing for just **60 minutes** a day will help your family feel healthier and happier?

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

Step 1

Help choose a family 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...

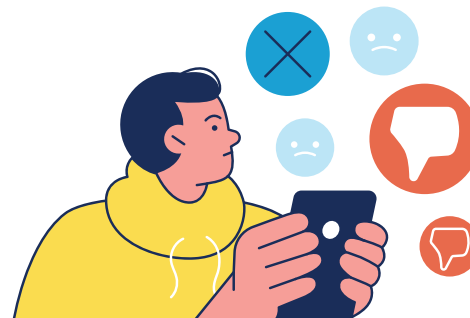
THE GOOD

- 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.

*Young people should always ask their parent/carer for permission before they set off. Remember to find out where they are going, who they are going with and when they expect to be back. For more information visit joinusmoveplay.org/besafe

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Hello.

This journal belongs to:

My email address is:

and my postcode is:

We need this so we can send your family prize voucher after you have completed the journal.



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 at your desk, in your kitchen or bedroom at home.
- 2 Just after mealtime can be a good time to fill out your journal or before bedtime.
- 3 Remember your children have their own journal they can 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

JOIN US:
MOVE. PLAY.



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HELP CHOOSE A FAMILY REWARD

If your child has completed their journal they will have been entered into an AMAZING prize draw to win a family day out of their choice! All you need to do is encourage them to fill in their journal, just like you, pick their prize and return to their teacher.

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 how you will celebrate your journaling at the end of every week.

Ideas for my rewards:

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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

Play in the
park together.



Play footy
together.



Discover a
new hobby.



Think about some of the things that 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.



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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:

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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 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:

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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?



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
- 3 Find FREE local activities and sports sessions near you at whatson.joinusmoveplay.org

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DON'T FORGET

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



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



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MORE IDEAS

You can use these pages to make **additional notes or sketches**. They might help you continue your weekly habits or inspire you to play more and move more in new ways.



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A SMALL SWITCH MAKES A BIG DIFFERENCE

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

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



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