



SCREEN OFF
LIFE ON

Get up, get out, get happy

**JOINUSMOVEPLAY.ORG/
SCREENOFFLIFEON**



#ScreenOffLifeOn

Hello.



This tiny guide includes everything you need to **live your best life** on and off screens, find the right balance for you and be healthier and happier!



**LET'S
MOVE
LET'S
PLAY!**

JOIN US:
MOVE.PLAY.

The JU:MP family are here to help you find different ways to swap some time on screens and get up, get out and get happy off screen...

*Always ask a parent/ carer for permission before you set off. For more information visit joinusmoveplay.org/besafe



Here's some ideas to help you **FEEL GOOD** and **MOVE MORE**.



- 1 Swap **30 minutes** on your phone for a walk outside with your family or a friend.*
- 2 Swap **30 minutes** of being on any screen for skipping in your home, garden or local park.
- 3 Swap **20 minutes** of TV for dancing to music.



**BE
HEALTHIER
AND
HAPPIER!**

**We've
done all the
research so
you don't
have to!**



**A SMALL
SWITCH
MAKES A BIG
DIFFERENCE.**



Scan to find...

- **What's on:**
FREE activities and events.
- **Outdoor play ideas by**
children in Bradford.
- **Our online**
Find your Fun game.
- **The JU:MP Family Facebook**
group to connect with
other families and parents
in Bradford.



SCREEN OFF **LIFE ON**

Get up, get out, get happy

**I WILL SWAP 30 MINUTES
OF SCREEN TIME FOR:**

Playing football with my friends

Walking my dog

**Playing basketball at the park
with my friends**

**Playing in the garden
with my family**

Going for a walk with my family

**Creating Tik Tok dances
with my friends**

Created by young people of Bradford

Based upon feedback from 18 young people between the ages
of 9 and 13 between 6 December 2021 and 25 May 2022.