

SCREEN OFF LIFE ON

Get up, get out, get happy

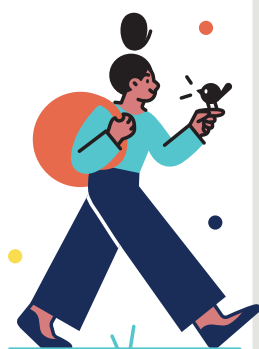
WHAT CAN YOU SWAP?

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

Here are some fun ideas to try. A small switch can make a big difference. Moving more can make you happier, healthier and sleep better.*

Swap 60 minutes
of being on your
phone for

a walk to the
park with your
family or a friend.



Swap 20 minutes
of watching
television for

something fun in
your garden like
frisbee or tag.



Swap 30 minutes
of being on any
screen for

a bike or scoot
around your
local park
or playground.



Swap 20 minutes
of watching
television for

something fun
in your room
like dancing to
music or doing
a headstand.



Swap 40 minutes
of playing on a
computer for

your favourite
game out on the
street.



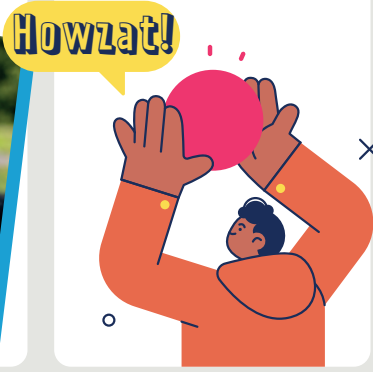
Swap 30 minutes
of being on your
phone for

a game of football
in your local park
with friends.



Swap 40 minutes
of playing on a
computer for

a game of cricket
or tennis with
friends or family.



Swap 20 minutes
of watching
television for

something fun
with your family
like homemade
table tennis.



Swap 60 minutes
of being on your
phone for

something you've
not tried yet like
skateboarding or
going on a bike
ride with friends
or family.



Swap 30 minutes
of being on any
screen for

skipping in your
home, garden or
local park.



PICK YOUR FAVOURITES

LET'S
MOVE
LET'S
PLAY!

Pick your 3 favourites from
the list of 10 to help you fill
in your journal.

1

2

3

FIND YOUR SWAP

If you run out of ideas use your
Find your Fun activity swapper!



PLAYING
OUTSIDE IS
GOOD FOR
EVERYONE!

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



Get up, get out, get happy



I WILL SWAP 30 MINUTES OF SCREEN TIME FOR:

Playing football with my friends

Playing in the garden with my family

Walking my dog

Playing basketball at the park with my friends

Creating TikTok dances with my friends

Going for a walk with my family

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.**

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**JOIN US:
MOVE. PLAY.**