



Using screen time and digital technology to encourage physical activity

Getting up and moving around is important for your child's energy levels, development, learning, sleep, and overall health and wellbeing.

Here are ways for children to combine screen time with physical activity. You and your child can try many of these ideas together:

- **Plan a walk to the shops or local playground using a digital map.** You and your child could also use a smart watch or wearable fitness tracker to count your steps, measure your speed, challenge each other and so on.
- **Take photos of interesting things you and your child see on a walk.** You can look at them later and talk about what your child saw. Or your child could draw a map and add the photos to it.
- **Video your child learning a new skill like dancing, hopping, riding a bike or doing a new skateboard trick.** You can replay the footage so your child can see how they're learning.
- Watch videos together set in places you'd like to visit together. For example, you could watch a video set at a beach, and then go to the local beach.
- **Choose active video games and apps that get your child to move around inside and outside.** These could be dancing or singing games, virtual sports simulators or Pokemon Go.
- **Encourage your child to bring their digital interests into off-screen play.** For example, your child could dress up as a favourite TV character or use dolls and figurines to act out scenes.
- **Make use of natural breaks like advertisements or the end of game levels to encourage movement.** For example, you could see how many star jumps you and your child can fit in before the ads finish.