DigiWise

Be Smart Online

Offline jar



Here is a simple yet really effective way to help manage your kids' screen time and promote a healthy balance between offline and online activities.

Grab a jam jar and some lollipop sticks. Label them as outlined below: **yellow sticks** for sunny days and **blue** for those rainy-day activities.

Outside games / active

- Go to the park
- Ride your bike or scooter
- Go for a walk
- Play hide and seek
- Have a water fight
- Kick a football around
- Play frisbee
- Create a scavenger hunt
- Go somewhere new together
- Go searching for bugs or wildlife
- Weed an area of the garden
- Collect interesting rocks
- Have a picnic
- Have a teddy bear picnic
- Play balloon tennis
- Jump rope
- Water painting outside
- Put on a play or puppet show
- Have a dance party
- Play charades
- Make an assault course
- Explore an imagery world



Inside games / creative

- Draw a picture
- Play with play dough
- Do colouring in
- Make a collage
- Do a painting
- Do a leaf tracing
- Draw your family
- Finger painting
- Water painting on the path
- Paint rocks
- Make paper aeroplanes
- Make friendship bracelets
- Do a diamond painting kit
- Do arts and crafts
- Mould with salt dough
- Build mini structures with card
- Create your own obstacle course
- Draw a self-portrait
- Make your own slime
- Do karaoke
- Interview someone
- Make a card

