

Less  screen time


Too much sitting and not enough activity can harm children's health and mood.



More play time

Active play, especially outdoors, improves wellbeing and physical health.



Need some playful ideas?



Discover our 50 screen-free activities for children under 5!

From outdoor discoveries in the woods to sharing stories at home, find your favourite activities and try them again and again!



Scan here for more

Please explore our app on your own, as it is important that children's use of screens is minimised in their early years.

50 things to do **five** before you're