

Less 
screen time


Too much screen
time means that
more children
are staying
indoors for
longer
periods.



More play time

Playing outside gives children more opportunities to explore the world around them, they can see, hear, smell and touch actual things.

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