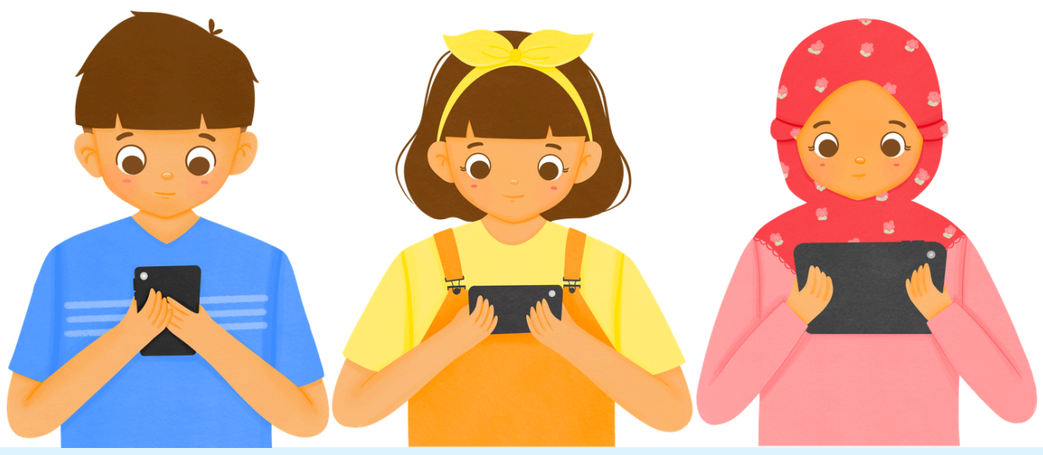
MINIMISE LEISURE SCREEN TIME
ME POTO TE WĀ MĀTAKITAKI WHAKAATA

There are some really great things about technology but like sugar, too much can affect how we feel every day.



How much time is OK?

For tamariki and rangitahi, about 2 hours of leisure screen time per day is OK, but honestly less than that is better!

Some very clever people have made technology very attractive to our brains, but that doesn't mean it's good for us!

Too much time spent in front of a screen can affect;

- your energy / ngoi,
- how active you are,
- how well you sleep / moe,
- your mood / piropiro and
- wellbeing / hauora.

Put screens away 2 hours before bed

so your brain and body can get good rest.

DID YOU KNOW?

18 minutes a day

=

100 hours per year.

Imagine all the new stuff you could learn by cutting down on screen time!

Do other things;

- go outside/ki waho to play a game / kēmu with friends or whanau,
- read a book / puka,
- help out around the house,
- learn something new!.

Could you do with less time on a device?