

Unplug to Recharge

SCREEN-FREE BRAIN BREAK IDEAS FOR KIDS



Because we care...

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What this resource includes

- 72 hands-on activities that require children to think creatively and to be resourceful
- 2 sheets of editable activity options
- Goal tracker



Australian Curriculum and
NSW Syllabus Outcomes
included

Focus on values-based learning and independent inquiry

THE NEED TO GO **SCREEN-FREE**

2020 was a year of many challenges. For our young people, it meant no interacting, no physical touch, no sharing toys, no afternoons at the park with friends. It also meant there was a sudden necessity for virtual learning.

The lasting impact of screen time is still being researched. With the recent demand for virtual learning, young people, including infants, are being exposed to the effects of long exposure to screens.

Screen time is addictive for young people. The pleasure centre of the brain is stimulated when children spend time in front of a screen, which is why they always want to come back to them, or struggle to get off them.

Studies have shown that children who spend too much time on screens show anti-social behaviour or violence, signs of malnutrition, fatigue, increase in weight gain, poor social skills, poor decision making skills, and they lack resilience.

By going screen-free for a time, children are able to practice being curious, have meaningful conversations, develop friendships, practice problem solving skills, practice Christian values and develop their inquiry skills. All of these skills and attributes will aid children in becoming life long learners and deep thinkers.

By providing classroom teachers and parents/guardians with practical brain break activities for their young people to enjoy, they are able to develop personally and socially in ways that screens will never offer.

When young people are curious, they learn. When young people are given responsibility, they thrive. When young people are given possibilities, they create.

It is my hope that this resource inspires you and your child/children to be creative, to be curious, and to love play.

All the best on your journey to screen-free play.

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Why this resource?

Play is a fundamental building block for a young child's development. In a world where play is seen as spending time on an iPad or playing virtual games with friends, we are seeing a rapid increase in child obesity, anxiety, depression, fatigue, malnutrition and anti-social behaviour. This resource, inspired by the impact virtual teaching and learning in 2020, aims to re-inspire young people, parents and teachers to develop personal, social and developmental skills that screens do not offer.

Effects of screen time for young people

Watch this clip to learn about why we should plan to limit screen time: <https://www.youtube.com/watch?v=CnFHY16KJXY>

Hear about how families have been impacted by the rise in virtual teaching and learning during 2020: <https://www.youtube.com/watch?v=6bCCDGZyC0I>

How to use:

- Most activities can be completed individually by children 6 years and above. Adults may need to assist beforehand to collect materials.
- Help child/children set a goal of how many activities they would like to complete in a week
- Cross the activities off once completed
- Use screen time as a last option e.g. if the child has reached their goal of 5 activities for the week, they can have 30 minutes of screen time.

Outcomes

ACARA

Contributing to healthy and active communities

A Student will:

- Explore actions that help make the classroom a healthy, safe and active place (ACPPS022)
- Identify and explore natural and built environments in the local community where physical activity can take place (ACPPS023)

NSW Syllabus

A Student:

- demonstrates self-management skills in taking responsibility for their own actions (PD1-9)
- explores actions that help make home and school healthy, safe and physically active spaces PD1-7
- recognises and describes strategies people can use to feel comfortable, resilient and safe in situations PD1-2

Biblical Studies

Students will:

- Identify and demonstrate important personal values (e.g., honesty, kindness, respect, humility) (B.1–4.RO.4)
- Refer to details and examples when explaining a Bible passage or drawing inferences (B.1–4.BF.9)

WHY ARE CHILDREN USING SCREENS?

Screens are a part of everyday life for young people in the 21st century.

- Time fillers
- Keep them quiet
- Easy
- Homework research
- Assessments
- Social Media
- Addiction

HOW SCREEN TIME IS AFFECTING YOUNG PEOPLE

- Increase in child/adolescence obesity
- Anti-social behaviour (violence, bullying etc)
- Malnutrition
- Fatigue (improper amount of sleep)
- Quick to boredom
- Little creativity
- Low resilience
- Inability to problem solve,

HOW THIS RESOURCE CAN HELP CHILDREN

- Grow in independence
- social and personal skill development
- growth in curiosity and wonder
- practicing values
- potential to spend more time with God
- ability to self-regulate
- improved well-being (mental health, physical health, etc.)
- improved motivation
- improved sense of self
- ability to problem solve
- show creativity
- practice and develop greater resilience
- develop important inquiry skills
- value how others are feeling and what own actions say to others
- happier classrooms
- happier homes
- and more!

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BRAIN BREAKS AT HOME

Choose an activity to complete

Find one of your favourite books. Make a scene of your favourite page using play dough.

It's time to be a detective. Choose your favourite colour. Make a list of all the things in your home that are that colour.

Find an old shoebox. Design your dream bedroom using recyclable materials and place them inside your shoebox.

Go outside to your backyard and lay down. What shapes can you see in the clouds?

Write a letter to someone special in your life and post it to them with the help of your adult.

Cook your favourite biscuit recipe and share them with your neighbour.

Make a musical instrument using uncooked rice, sticks, an egg carton and some toilet rolls.

Freeze your favourite plastic animals in ice cubes and food dye. Chip away at them using a spoon, in a bucket to get them out.

Make a treasure hunt for one of your family members to go on.

Using skewers and play dough, built the highest tower possible.

Find a stack of plastic cups and a soft ball. Play bowling in the hallway.

Find one of your favourite books. Make up a different ending to the story.

BRAIN BREAKS AT HOME

Choose an activity to complete

Go into your backyard and look for bugs. Draw some pictures of them to remember what you saw.

Read a storybook to your pet.

Look at some old family photos and make a collage for your bedroom wall.

Using your favourite storybook as your script, plan and perform a skit for your family.

Visit a new park with your family.

Make your own butter using a jar, two marbles and some milk. Get your adult to help you.

Design an obstacle course in your backyard. Invite your family to give it a go.

Design a board game to play with your family.

Write a persuasive letter to your adult about all the reasons why you should go to a certain place for a holiday.

Cook dinner for your family. Make it extra special by decorating the table.

Build a miniature tree house using sticks and glue only.

Make a maze outside on the concrete using chalk.

BRAIN BREAKS AT HOME

Choose an activity to complete

Go through your clothes and make two piles. Make a pile of clothes you wear and the other pile for clothes you don't wear. Donate the pile you don't wear.

Create your favourite bible story using Lego.

Make a pile of toys you don't play with anymore and donate them.

Make a racing ramp using scrap cardboard. See how far your car can go when you change the height of your ramp.

Make a train using toilet rolls, skewers and milk lids.

Play balloon tennis by yourself or with a friend. Blow up a balloon and keep it off the ground using a fly swat.

Find a spare glass bottle and write down some things you like about someone in your family. Give it to them as a gift.

Squeeze some oranges and make your own orange juice.

Make a homemade snack for your lunchbox this week. Ask your adult to help.

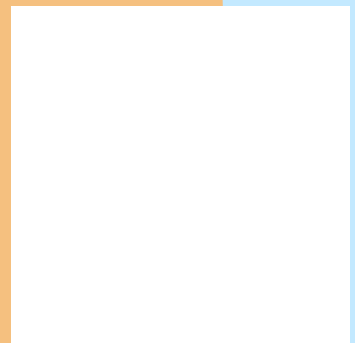
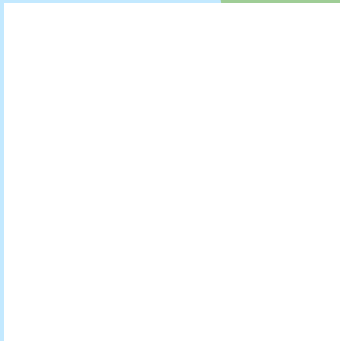
Make a play dough monster using random bits and pieces from around the house.

Make a car wash for all your toy cars. Fill a bucket with some soap and get scrubbing!

Build a fort in your bedroom. Make sure there is room for all your family!

BRAIN BREAKS AT HOME

Choose an activity to complete





GOAL TRACKER

My goal this week is to do activities.



Today I went on a treasure hunt and made a list of all the red things in my house.....



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I reached my goal for this week!

Date:.....

My adult's signature:



BRAIN BREAKS IN MY CLASSROOM

Choose an activity to complete

Reset your desk.
Is it tidy?

Find one of your favourite
books in the bookshelf.
Make your favourite part
of the story using play
dough

Sit in a quiet corner
and draw a picture
of your family or
friends.

Free play - home
corner play.

Write a letter to
your teacher about
what you like about
the classroom.

Design a new
canteen menu. Be
as creative as you
can!

Write a letter to
the principal and
thank them for
their hard work.

Design a board
game. Check with
your teacher before
using any materials.

Draw a picture of
your dream
holiday.

Using lego, build
your dream
classroom.

What's your favourite
colour? Make a list of all
the things you can see in
the classroom that are
your favourite colour.

Using play dough,
create your dream
lunch.

BRAIN BREAKS IN MY CLASSROOM

Choose an activity to complete

Plan your dream excursion in your literacy book.

Make a list of things that would make your classroom better. Show your teacher.

Empty the classroom bins.

Check that everyone's pencils are sharp. If not, give them a sharpen.

Can you see something out of it's place? Move it back to where it belongs.

Complete a colour by number.

Write a book review for one of your favourite books in the classroom.

Organise the crayons by colour.

Take five minutes to relax in a quiet corner and drink some water.

Draw a self portrait. Use a mirror to help.

Take a walk to the bubblers. Notice 5 different plants while you walk.

Make your spelling words using magnetic letters and a mini whiteboard.

BRAIN BREAKS IN MY CLASSROOM

Choose an activity to complete

Paint spelling words onto cement outside the classroom using water and a paint brush.

Build a scene from your favourite bible story using lego.

Straighten up the books on the bookshelf.

Have a look at a map of Australia. Pretend you are going on a road trip. Where would you stop?

Draw a birds-eye-view map of your classroom or school. Do this in your geography book.

Free drawing time.

Write a skit using a bible story as the storyline.

Build a tower using only shoes.

Work on a puzzle in a quiet spot.


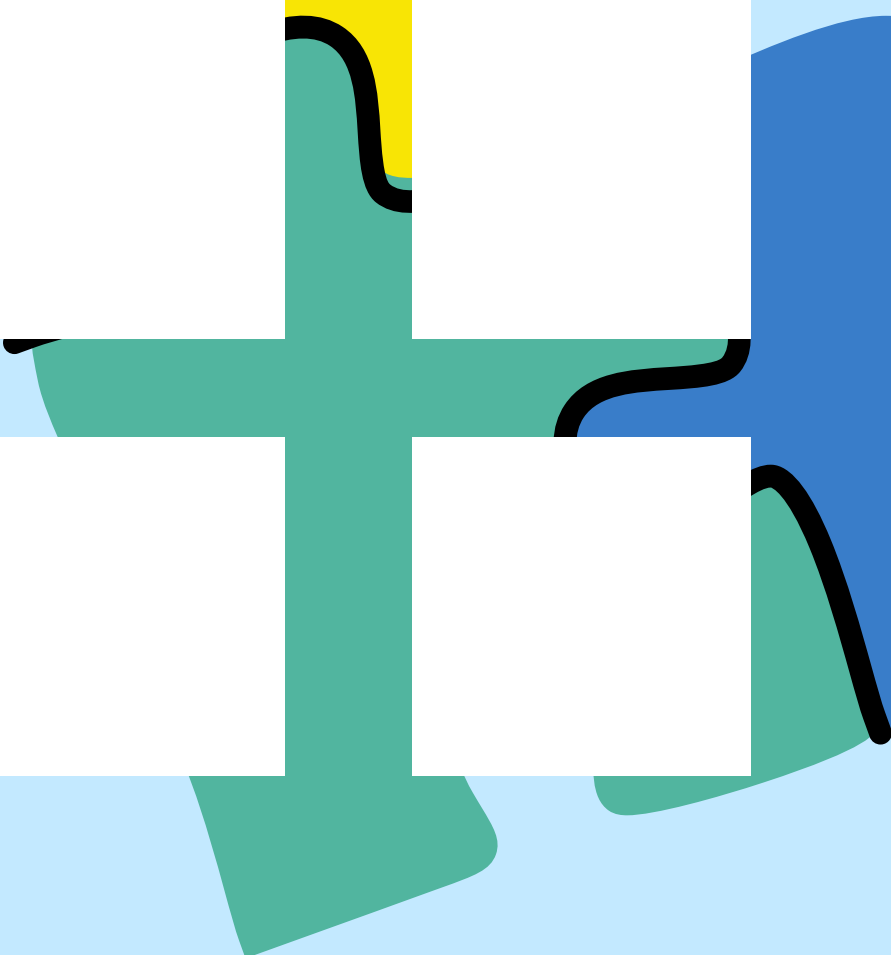
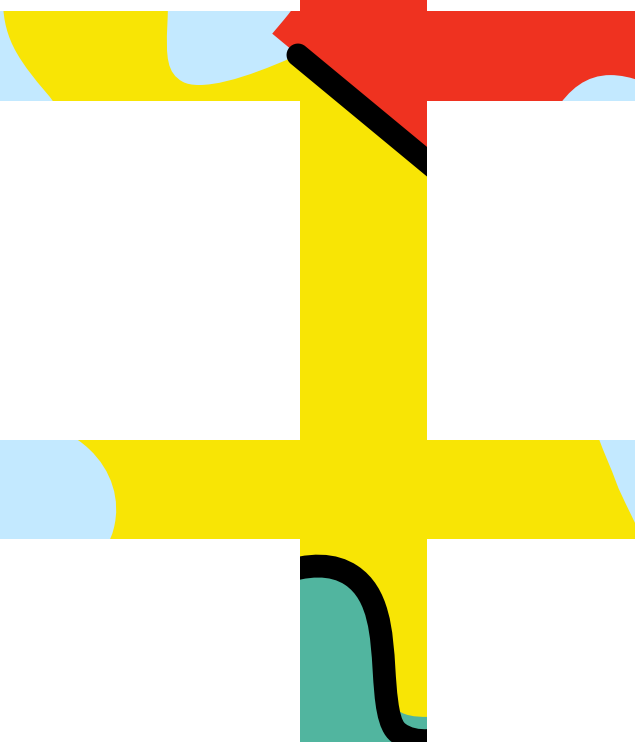
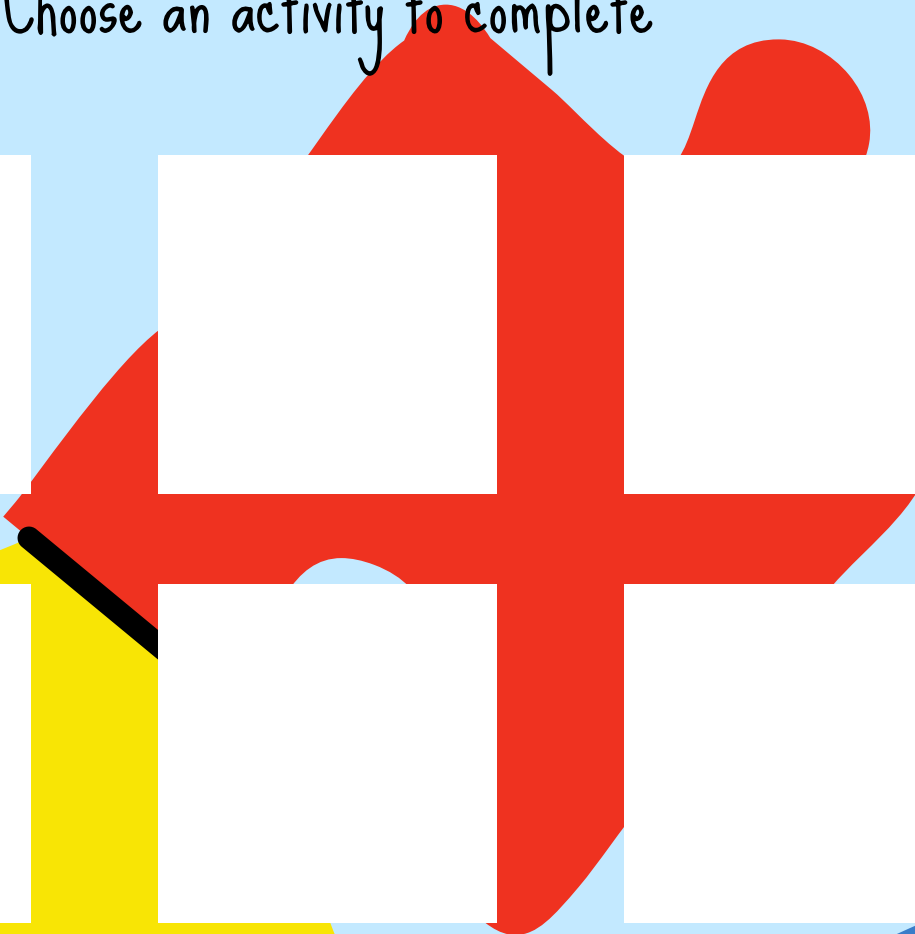
Build a marble maze using recyclable materials.

Design a three course meal you know everyone in your family will love.

Have a look at a globe. List 5 places you would like to visit and why.

BRAIN BREAKS IN MY CLASSROOM

Choose an activity to complete





GOAL TRACKER

My goal this week is to do activities.



Today I drew a picture to show my teacher where I would go on my dream holiday.....



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I reached my goal for this week!

Date:

Teacher's signature:





Because we care...

Donated to Adventist Schools by ACA Health Benefits Fund