

**Have you got a healthy and balanced lifestyle?**

The internet is great, but too much screen time can have a negative impact on our health and well being.

How much time are you spending online each day?

Are you getting a healthy balance with other activities each day?

**Task:** Create a brainstorm of things you can do at home which don't involve screen time – use this to help you keep a healthy and balanced lifestyle. Share this with your family and try to do at least one thing from your brainstorm each day.

