

Smart ways to switch off

Quick tips for children and young people

Switching off devices and ending screen time isn't always easy.

Here are some tips to help you feel in control and stay cool if switching off feels stressful.



Ways to Stay in Charge

Set a Timer

Use a timer or alarm to help you know when screen time is almost over.

Get a Heads-Up

Ask for a 5-minute warning before screen time ends. It gives you time to finish up.

Make a Screen Time Plan

Create your own schedule to fit screen time in around necessary chores, homework and activities.

Save Your Progress

Don't forget to save your game! This helps you jump back in later without losing anything.

Ways to Stay Cool

Be Kind

If you feel upset, do your best to talk to your grown-up calmly. Talking works better than shouting.

Give an Update

Let your grown-up know what's going on, like: "I need 2 more minutes to finish this level". Be honest and clear.

Breathe

Take 3 big deep breaths to help your mind chill and change gears.

Move

Stretch your body or shake out your hands. Moving helps your body reset and feel better.