

**Be screen Smart**

Here are a few ideas for activities which encourage you to spend time with your child or as a family

Board games

Card games

Nature walk

Swimming

Reading a story

Football

Outing to the park

Painting

Colouring in sheets

I’m sure there are many more you do that can be added to the list

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![C:\Users\AMCNAIR2\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RVCDPVH2\2009-04-21_Hampton_Forest_Apartment_Homes_playground[1].jpg]() ![C:\Users\AMCNAIR2\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3TKVMSUQ\swimming_(1)[1].gif]()