Less screen time, more play time

Screen time, such as watching TV or playing on tablets can be fun and a great way to learn, but we want to make sure we also give our eyes a rest and get our bodies moving. We’d love to hear your ideas about how we get more children playing outdoors and less time using screens. Write down some of your ideas.

What could you do instead of using your screens (ipad/tablet/phone/games console)?
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What rules can you set up for using your screens and watching tv?

*(For example, could you maybe only use your screens (ipad/tablet at weekends?)*