



Green Time vs Screen Time

Our Green Team Family Treat this week will be:

IN PARTNERSHIP WITH



Department of
Sport and Recreation

Nature Play
WA

For Green Time activity ideas go to www.natureplaywa.org.au

Green Time vs Screen Time

The 'Green Time vs Screen Time' tool for families is a fun way to help you keep track of how much time your children are spending playing outdoors ('green time'), versus time spent indoors, watching TV or on the computer ('screen time').

Getting the balance right between green time and screen time is important for your kids' health, cognitive and emotional development and will help them grow into the capable and resilient people you want them to be.

Plus green time is free, on your doorstep and the most fun kids can have! So let's make sure our kids get outside and learn to enjoy the unstructured outdoor games we used to play!

How to Use the Green Time vs Screen Time Tool

Print the 'Green Time vs Screen Time' flyer and put it on your fridge.

Get the family together and agree on a family treat – something simple like a family bike ride, a trip to the beach or their favourite meal – and write it down in the space provided on the flyer.

Now, every day your children spend **at least an hour outdoors** in 'green time' they should **colour in one of the native animals on the left**.

'Green time' can be spent at your local park or simply in your backyard, playing in the sand, climbing a tree or making a mud pie. See our age specific activities finder for some ideas.

Each time your children spend **an hour indoors** in 'screen time' they should **colour in one of the screens** on the right.

'Screen time' includes time spent on the computer, watching TV or movies.

The Aim: The aim is to colour in all of the 'green time' animals before all of the 'screen time' screens are coloured in.

The Prize: If all of the 'green time' animals are coloured in first then the prize is the family treat you agreed upon earlier in the week!

'Green time' activities and places to go

If you're a parent looking for ideas on how to get your children more involved in outdoor activities use our 'activities finder' or visit the 'Places to Go' section of our website (these are WA specific).

www.natureplaywa.org.au