Screen time busters

A great way to spend less time on screens is to think of something else to do instead. Thinking of ideas of things to do ahead of time can help you meet the sedentary activity recommendations.

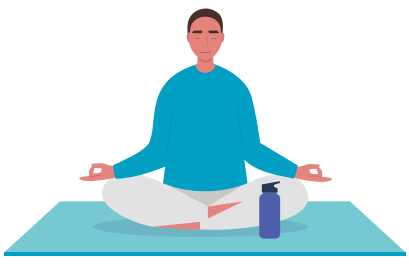
Write some activities you might like to try instead of spending time on screens in the space below.

When feeling bored

- Decide on set times each day when screens can be used.
- Create an activity box or list of activities to choose from when bored.
- Think about starting a new hobby.
- Plan activities in advance so that there is less time for screens.
- Organise something active to do with family or friends in advance.
- Turn household chores into an activity like doing the laundry or cleaning up after dinner.

When the weather is bad

- Try indoor activities or home workouts.
- Get wet weather ready – with raincoats, umbrellas and boots!
- Organise water based activities when it's hot!



Sitting when travelling

- Walk or ride to get to places for short trips.
- Schedule breaks for longer trips where you can get out to stretch your legs.
- Walk to the train or bus station instead of driving.
- Stand on the bus or train instead of sitting.
- When you arrive at your destination consider parking further away and walking the last bit.

At school or work

- Break up long periods of screen time with a walk.
- Encourage walking or standing meetings.
- Stand while you read or do simple tasks.
- Take your lunch break outside or in another location instead of sitting and eating at your desk.
- Fit in a lunchtime walk with friends or colleagues.
- Plan some time to be active before and after school or work.
- Use a standing desk (if available).

In evening, after dinner and before bed

- To start, allocate some evenings in the week for screen time and others to doing something active or a relaxing screen-free activity.
- Read a book instead.
- Relax listening to music or a guided meditation.
- Work on a puzzle, knit or draw.
- Go for an evening walk.
- Cook dinner and turn cleaning up afterwards into an activity.
- Use that time to make breakfast and pack lunch for the next day.
- Play a game after dinner, like cards or board games.
- Have planned screen free activities or projects to do at night.
- Stick to one episode each evening and turn the TV off after it ends.
- Set limits on devices like phones and tablets.