



Routines



Keeping healthy and safe

Screen Time

It's very important to agree on how much time you will spend on screen and how to keep safe .
Make an agreement together – and for things to think about see the bubbles below:

Hours watching TV

Being on the phone e.g at mealtimes

Playing computer games

Screen Time agreement

1. _____
2. _____
3. _____
4. _____

Use of social media and settings

Stopping screens an hour before bedtime

Record of exercise taken over the summer holidays

Remember: to be ready for secondary school you need to be healthy and fit. Keep a record of exercise you have taken over the summer holidays and any family members that have been involved

Date	Exercise	How long for ?	Any other family members involved?

11-12 year olds need an hour a day of either moderate or vigorous exercise

