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Things I can do to rest my eyes!

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Your paragraph text

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I like to watch television.
There are so many different shows on television, I never get bored!



But my eyes get tired from watching too much television.
One continuous hour of watching the television is way too long!



If I watch too much television at one go, my eyes get too tired.
Things might start to look all blurry to me! I need to rest my eyes every
15 -20 minutes so they don't get too tired.



I can rest my eyes by looking out of the window and far into the distance.
This makes my eyes feel relaxed, and things don't look blurry anymore.



I can do other things instead of watching television, so that my eyes don't get so tired. I can play with my toys, draw or do some colouring.
I can sing my favourite song and even do a dance!



I can also help my parents with some chores. I can help to keep my toys, or fold my own clothes.



I can also ask for permission to go outside to play with my friends.
Going outside is fun, because my friends and I get to play in a bigger space!



Running and jumping makes my bones strong and my muscles grow. When my bones and muscles get stronger, I have more energy to play.

Helpful Resources



Poster and Leaflet on Healthy
Screen Use in Young Children

tinyurl.com/screenuseinfo



My Screen Free Diary

tinyurl.com/sfdiary



Project Heads Up

is a student-led initiative that recognises a steady overall increase in screen device exposure leading to excessive use by some children. We call upon the support of both healthcare and non-healthcare organisations and institutions, rallying together to effectively manage screen usage in children. Advocacy campaigns, public awareness activities, and educational materials extend our healthy screen use messages to as many children, parents, and educators as possible. This hopefully facilitates materialisation of our vision of a technologically-integrated world, where appropriate use of screen devices co-exists with traditional games and entertainment to stimulate a young child's development.

