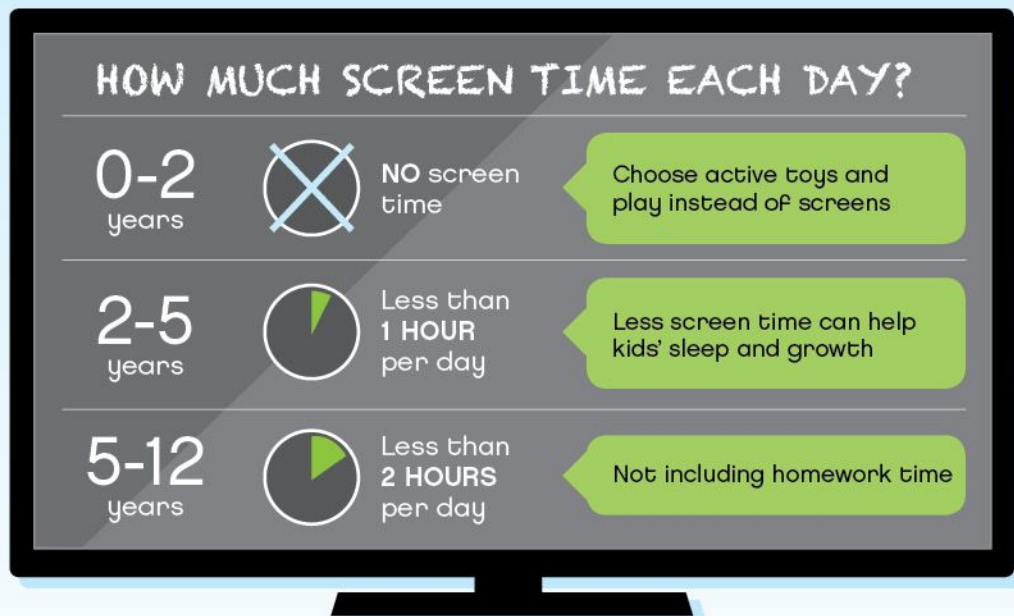


TURN OFF SCREENS + get active!

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines For the Early Years (Birth to 5 Years)

