



Be Well



20 minutes



Challenge yourself

## RANGERS

# Switch off

## What you need:

- A3 paper
- Pens
- Random printed pictures cut up as jigsaw puzzles (one per person)
- Sweets (small sweets work best)

**Note to leaders:** The puzzles can be anything that requires a bit of concentration – from a magazine or printed off the internet, for example. They don't need to all be the same.

## Aim of activity

Screens are everywhere – in our homes, at school and in our pockets! Have you ever thought about how much time you spend looking at them? And the effect this is having?

- 1 Draw a mobile phone on a piece of paper. Make sure it takes up the whole space. How often do you look at your phone? Take a sweet to represent every five times you look at your phone in a day (roughly) and place it on your paper phone.

- 2 As a group, write out the reasons you look at your phone and other screens.

- 3 Count your sweets. Each sweet now counts as five seconds. Write your total in the corner of your phone. This is your screen time.

- 4 Go to a puzzle each. Your leader will set the time for two minutes and tell you every five seconds how much you time have left. Only start your puzzle once your screen time is up.

- 5 When you've finished, chat about how hard it was. Did your screen time get in the way? Screen time can cause:

**Eye strain** – When we look at screens, we blink less, which can cause eye dryness. Also, the high level of blue light given out can cause premature aging of the eye.

**Disturbance to sleep patterns** – Too much light before bed makes your brain think you're not ready for sleep and stops it from releasing the right hormones, making it harder to nod off.

**Mental health concerns** – Screen time can reduce face-to-face interaction with peers. This can affect your mental wellbeing.

- 6 Look at the reasons you wrote earlier. In what ways could you reduce your screen time? Work out and write your new preferred screen time total on your paper phone.

- 7 Now it's a unit challenge. Place a muddled puzzle at one end of your space. Everyone sit at the other end of the space. When your leader says 'go', look at your screen for the duration of your new screen time. Your leader will give you five-second updates. When your screen time has ended, go and help complete the puzzle. You have two minutes.

- 8 Did reducing your time make it easier? Take action by introducing some of your ideas for switching off in everyday life!

