Project Heads Up!

MY SCREEN FREE DIARY



THIS DIARY BELONGS TO:

DEVELOPED BY:

Singapore Asian Medical Students' Association

AMSA Asian Medical Students' Association Since 1985 Hong Kong

IFMSA-Thailand

AMSA Philippines

CONTENT EXPERT:

KK Women's and Children's Hospital
SingHealth

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.



SCREEN USE GUIDELINES

Current guidelines by the American Academy of Pediatrics (AAP) on the recommended screen time for young children of various age groups are listed below.

Age group	Recommended sedentary screen time
Less than 18 months old	0 minutes (except video-calling with relatives)
Between 18 – 24 months old	0 minutes (except co-viewing with a caregiver for under 60 minutes)
2 – 5 years old	Less than 1 hour of screen time per day

*1 hour would be an ideal recreational screen use limit for primary school age children too

Check out tinyurl.com/aapscreenuseguide for more information!

PROBLEM STATEMENT

According to the World Health Organisation (WHO), sedentary screen time is defined as "time spent passively watching screen-based entertainment (TV, computer, mobile devices)" and excludes "active screen-based games where physical activity or movement is required". Excessive screen use among young children below 5 years of age has been associated with impaired cognitive and social development. Even indirect exposure to screen use such as background television has been shown to delay language acquisition among children, among other detrimental effects. As such, this Screen Free Diary aims to encourage the reduction in screen use among young children through self-directed learning and the cultivation of good habits.

INTRODUCTION TO SCREEN FREE DAY

& INSTRUCTIONS ON HOW TO ENTER OUR COMPETITION

Celebrate Screen Free Day with us! It is a day where you, and many other children around the world will be staying away from electronic devices such as mobile phones, computers, and TVs. Instead, everyone will learn how to spend a fun-filled day without these gadgets. In this booklet, you'll find many activities and suggestions that you can do with friends and family.

Anyone and all are welcomed to be a part of Screen Free Day! Simply set aside some time to have fun with us away from our electronic screens. We encourage all members of the family, regardless of age, to join in and take this as an opportunity for a day of family bonding.

SHOW US HOW YOU SPENT YOUR SCREEN FREE DAY THROUGH A POSTER, POEM, VIDEO, OR ANY OTHER MEANS AND EMAIL IT TO

SCREENFREEDAYINTL@GMAIL.COM

AND STAND A CHANCE TO WIN COOL PRIZES!





FIND OUT MORE ON OUR WEBSITE HERE!

TIPS FOR PARENTS ON

HOW TO REDUCE SCREEN USAGE

DESIGNATE SCREEN-FREE HOURS

During designated screen-free hours, put devices away or at a charging station so they are kept out of sight and out of mind.

CREATE PHONE-FREE ZONES AT HOME

To start, family meal areas can be a phone-free zone where electronics – phones, handheld video games, or laptops – are not allowed. Explain that these areas are best reserved for having meals and family conversations, and remember to set an example yourself!





SET ASIDE TIME TO UNPLUG

Set aside an hour for your whole family to unplug from their technological devices, such as during dinner and an hour before bedtime. When everyone agrees to put aside devices, it gives your family the opportunity to spend thoughtful, quality time together as you talk face to face with kids and give your children your full attention.

Making time to go outdoors on weekends to take a walk or play outdoors increases your endorphins and stimulates feelings of happiness in your brain, boosting your mood and improving your physical health.

USE PARENTAL CONTROLS

There are features and tools you can use to protect children from accessing explicit content on the Internet and on TV as most routers, web browsers, and TVs have parental controls that you can set up to filter or block unwanted content. Smartphones possess built-in settings and there are applications you can download to create content filters, blocking specific websites, web searches, or even keywords. Most devices now also include parental screen time limits that you can set.



TIPS FOR PARENTS ON

HOW TO REDUCE SCREEN USAGE

EXPLAIN WHY YOU'RE LIMITING SCREEN TIME

If your children understand that you are limiting their screen time because too much screen time is harmful, they will be more likely to follow the rules. On the contrary, if your children feel that you are just "being mean," they might be more likely to rebel or break the rules you try to enforce. Based on what is appropriate for your child's age, explain why violent video games, TV shows, and movies can be harmful as they increase one's violent tendencies. If your children use the Internet, make sure to have a conversation with them about the dangers of online predators which are on the rise in this age.

Include every member of your family in the discussion about screen time use and in the shared creation of boundaries that everyone can follow. With everyone on board, it can help to keep everyone accountable to each other!





MAKE SCREEN TIME A PRIVILEGE

You might decide to make screen time a privilege rather than a right. If you use a form of discipline that involves taking away privileges (negative consequences), a child's phone, laptop, or video game might be one such privilege.

GIVE YOUR CHILD A WARNING WHEN IT'S ALMOST TIME TO STOP

For instance, letting your children know that you will switch the TV off at the end of the programme or that they have five more minutes on the tablet to mentally prepare them to put aside their devices. In addition, you can set your child's expectations about a screen time session before the session starts by letting them know that they can watch one programme or watch TV until it is bath time helps to prepare them for how much time they can spend on the screen.



MINI GOAL #1

FIND AN ACCOUNTABILITY BUDDY AT HOME!

As the use of the internet has become an everyday part of our lives, letting go of the internet could be quite a challenge! But the best way to overcome challenges is by doing it with a team or a partner.

Look for anyone at home (your parent/older sibling) who is willing to check whether or not you complete the following challenges. You could even ask your teacher! Don't forget to make them sign your certificate!



CHOOSE YOUR BUDDY!

I CHOOSE _____



FATHER



MOTHER



UNCLE



AUNTY



GRANDPA



GRANDMA



TEACHER



BROTHER



SISTER

stamp here when completed!







MINI GOAL #2

BE A LITTLE HELPER AROUND THE HOUSE!

As we spend more time at home during the pandemic, the amount of chores and housework has also increased.

Try to become a little helper around the house by helping your family with different chores! You can start by asking your family members or look to the table below for ideas.

But always remember to be careful and to ask for assistance with more difficult tasks. Safety always comes first!

CHECK OUT THESE CHORE RECOMMENDATIONS!

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1-2 YEARS

- [ ] Help put away toys/dirty clothes

3-4 YEARS

- [ ] Help set the table
- [ ] Get dressed on their own
- [ ] Tidy up toys
- [ ] Water plants/feed family pets

5 YEARS AND OLDER

- [ ] Fold the laundry
- [ ] Make their own bed/tidy their own room
- [ ] Help with the dishes
- [ ] Help prepare food (under supervision)

MINI GOAL #3

EXPLORE YOUR NEIGHBOURHOOD!

Whether it is simply going out for a walk or going down to the playground, take this opportunity to spend some time exploring your neighbourhood!

Try to observe your surroundings and take some time to complete the following worksheet. Let's see how many items you can tick off!



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NEIGHBOURHOOD CHECKLIST

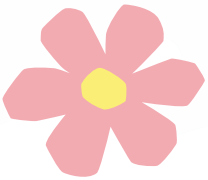
ON MY WALK, I SAW...



Tree



Car



Flower



Rocks



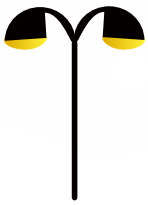
Dog



Neighbors



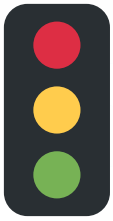
Bike



Lights



Stop sign



Traffic lights



Bee



Bird

MINI GOAL #4

SPREAD YOUR LOVE!

Show your appreciation to your loved ones with this easy activity! Follow our guide on the next page and fold a heart-shaped origami. You can give it to someone you love on their birthday!

You can even write a heartfelt message on the origami paper before folding it!



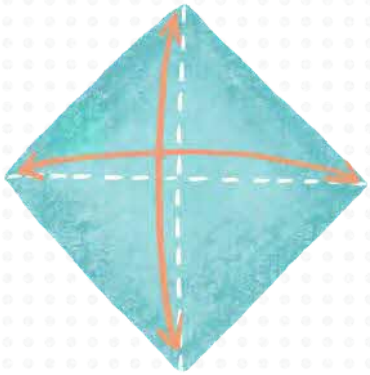
Post a photo of your family with your origami heart here!



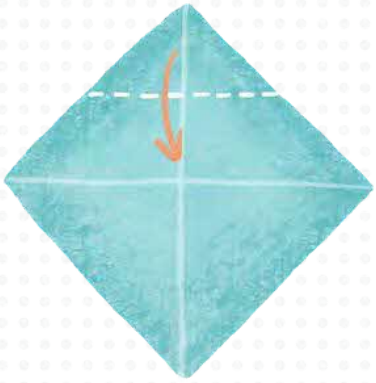
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INSTRUCTIONS

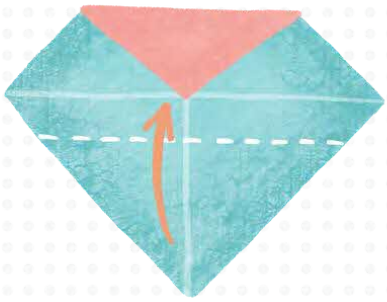
1 Start with the colored side face-down. Fold down the top corner to the bottom corner, then unfold. Fold the left corner to the right corner, then unfold.



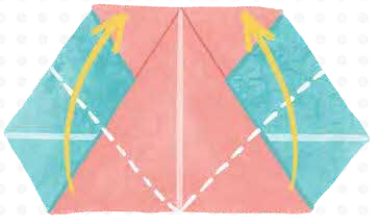
2 Fold the top corner down to the crease in the middle.



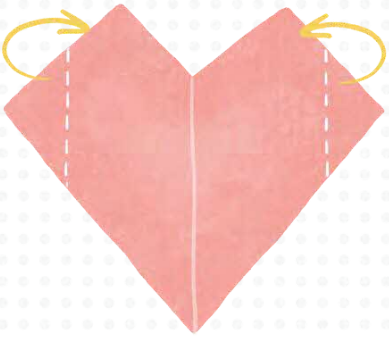
3 Fold the bottom corner to the top edge.



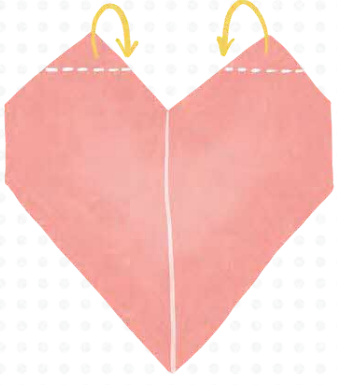
4 Match the bottom edge of both sides to the middle crease.



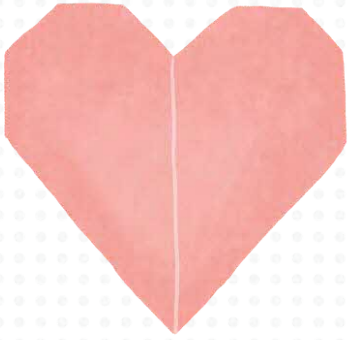
5 Fold the corners of the side behind.



6 Fold the corners at the top behind.



7 Your origami heart is complete!



MINI GOAL #5

READ A BOOK!

Keep your eyes off screens, and instead glued onto the newest novel! We've found some of the hottest books, and hope you'll enjoy reading them as much as we did!

stamp here when completed!

For more books, scan the QR codes to check out your local library!



Singapore: tinyurl.com/nlbsing

Hong Kong: tinyurl.com/hkplhk

Thailand: tinyurl.com/nltth

The Philippines: tinyurl.com/nlpphp

Image credits: nlb.gov.sg, hkpl.gov.hk, planforkids.com, adarna.com.ph

Once you've finished reading, write about your favourite character in the book and why you loved them!

MY FAVOURITE CHARACTER IS...

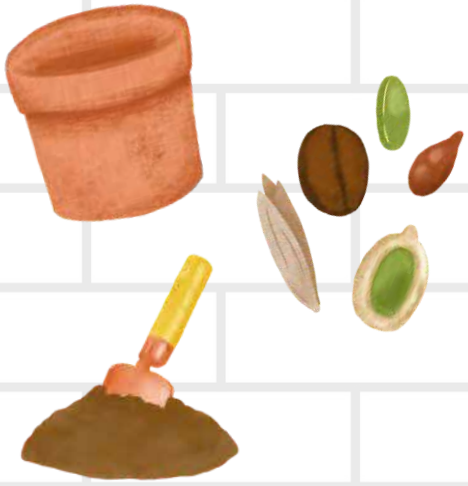
I LOVE THEM BECAUSE...

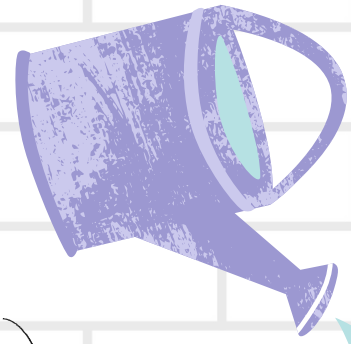
Draw a picture of your favourite character!

MINI GOAL #6

GROW A PLANT!

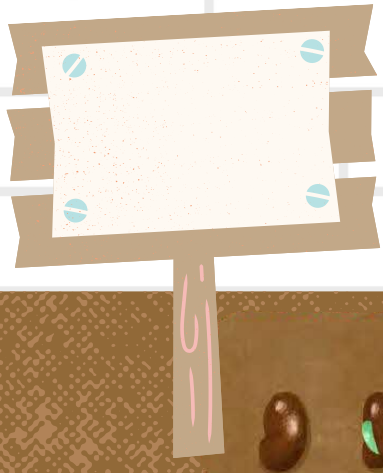
Do you have some soil, seeds, and a flower pot? Most seeds would work, such as green beans and seeds from fruits and vegetables. Alternatively, you can buy seeds to grow plants from a florist or even some supermarkets! If you're unsure of whether your seeds are able to produce fruit in your country due to the climate, ask an adult for advice.





Remember to water your plants regularly (daily or one every few days, depending on your plant!) and be patient – seeds often take some time to sprout, don't be alarmed if you don't see any growth for a few days!

Write what type of plant you're growing here!



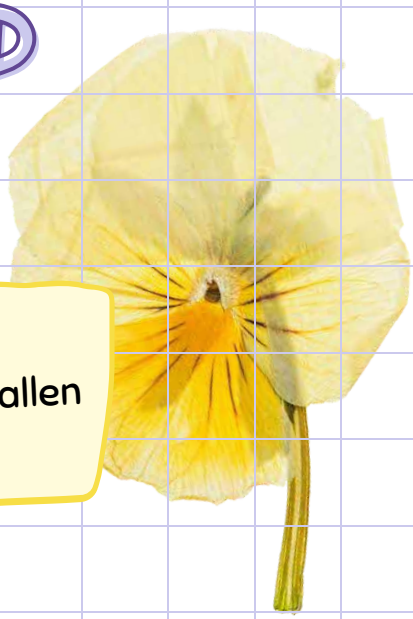
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Observe your plant over the next few days. What changes do you see? Make notes and draw or take pictures of your plant as it grows!

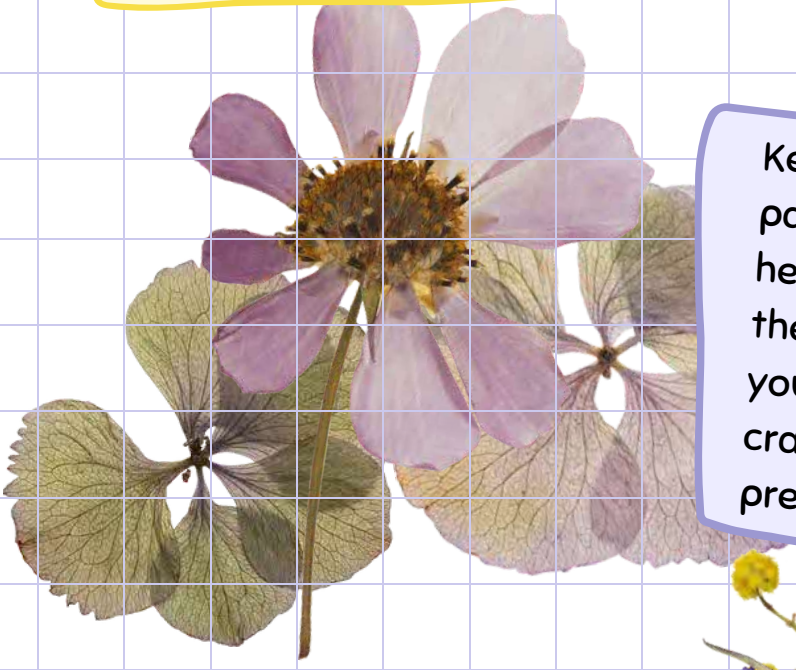


MINI GOAL #7

MAKE PRESSED FLOWERS!



If you're able to find fresh flowers in your neighbourhood, especially flowers that have just fallen and you don't need to pick, bring them home!



Keep the flowers between sheets of paper and press them by leaving a heavy book on top of the paper. Allow the flowers to dry for a week, and voila – you can use the flowers for arts and crafts, or simply as a gift! Stick your pressed flowers in the next page.

Look at all these pretty pressed flowers! Time for you to find make some of your own!



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MY FLOWERS!

MINI GOAL #8

VEGETABLE STAMPING

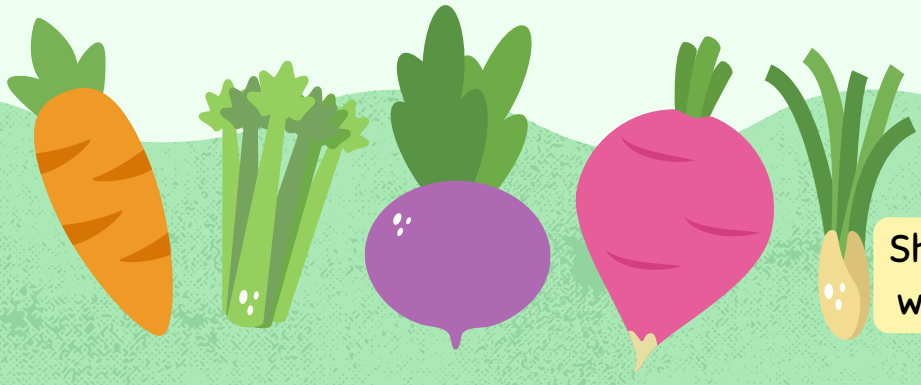
Do you have left over veggie parts that are not used for cooking? They can be used to make stamps to create a piece of art!

Many vegetables can be used for this activity, including bell peppers, carrots, celery and cucumber. These vegetable parts can be used as stamps to stamp paint onto paper – be creative with what patterns or designs you want to create!



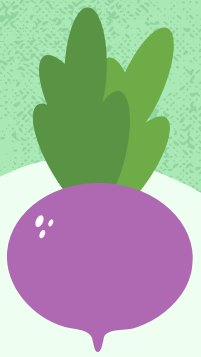
Image credits: artsymomma.com

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Show us how creative you can get with your design on the next page!





MY VEGETABLE STAMPS!





MINI GOAL #9 GET COOKING!

Cooking can be tiring for your parents, especially if they have to do it all alone. Help your parents in preparing a meal, you'd be surprised how tasty food becomes when you are the one that cooks it!

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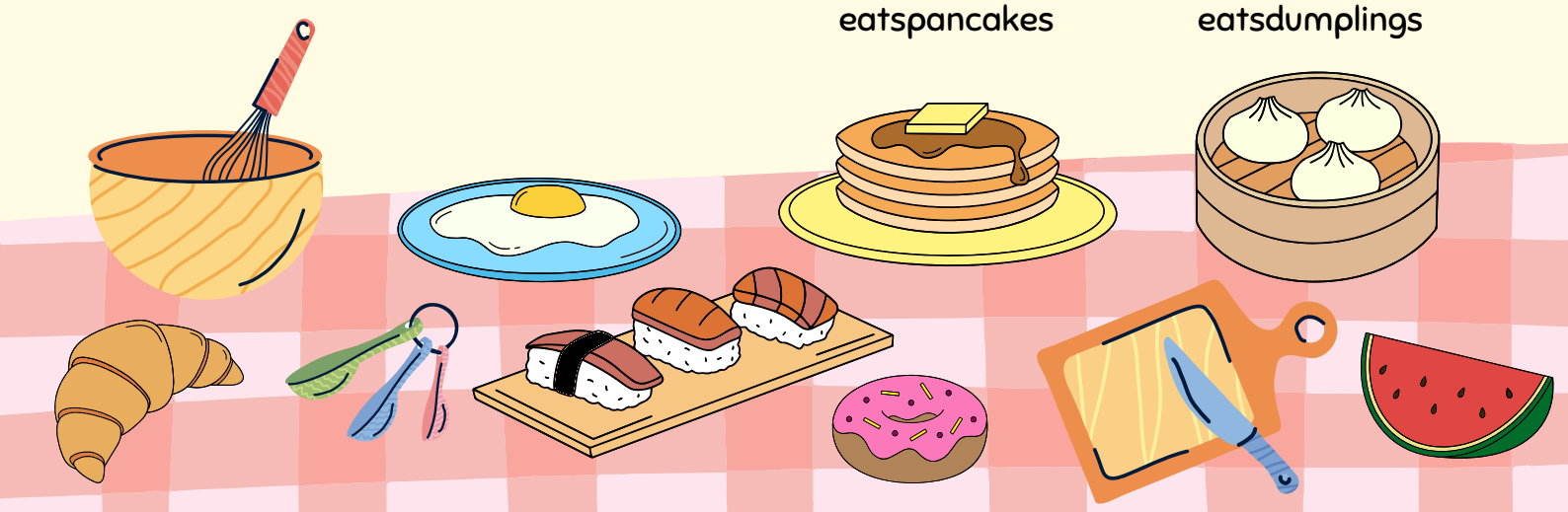
Here are some recipes we found that you can make with your parents! Alternatively, you could cook any dish your family enjoys to eat.

PANCAKES

tinyurl.com/thespruceeatspancakes

DUMPLINGS

tinyurl.com/seriouseatsdumplings



Share with us a photo of your gastronomic creation, or even the recipe you ended up using! Make sure you get your parents to help you with preparing the necessary ingredients as these often involve knives. In addition, make sure your parents are always in the kitchen with you when cooking as there are many hot objects!

MY RECIPE

MY CREATION

MINI GOAL #10

START SAVING!



Small coins can go a long way if we try to save at least one every day!

To help you start saving, you can use recyclable plastic or glass bottles, tin cans, and small boxes which can be made into a coin bank. Be creative and try to imagine and create your own designs. Do not forget to ask for your mom or dad's help to handle sharp objects such as scissors and cutters!

To give you some design inspirations, check out these coin banks below:



Image credits: dontpayfull.com



Image credits: lifeasmama.com



Image credits: coolcrafts.com

DRAW OR SHARE A PHOTO OF YOUR NEW COIN BANK BELOW!

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MINI GOAL #11

CREATE A TIMETABLE!

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HOW WILL YOU SPEND YOUR SCREEN FREE DAY?

Create a timetable to plan your day, and how you will use your time every week!

Use the template on the next page, or design your own time table!

REMEMBER:

Keep a maximum of 4 blocks of 15 mins of screen use per day

No screens during meals

No screens 1 hour before bedtime

_____ 'S

TIME TABLE

TO-DO LIST:

	MON	TUES	WED	THUR	FRI
9 am					
10 am					
11 am					
12 nn					
1 pm					
2 pm					
3 pm					

CONGRATULATIONS!

You've completed your Screen Free Diary!
Take some time to write down what you've learnt!

3

NEW THINGS I LEARNT:

2

WAYS I'M GOING TO REDUCE MY SCREEN TIME:

1

HOBBIES I'M GOING TO DO INSTEAD OF SCREEN TIME:

Tear/cut along the dotted line to detach your certificate!

Project Heads Up!

CERTIFICATE OF ACHIEVEMENT

PRESENTED TO:





_ _ _ _ _ _ _ _ _ _ _ _

_ _ _ _ _ _ _ _ _ _ _ _

FOR COMPLETING
"MY SCREEN FREE DIARY"!

WELL DONE!

_ _ _ _ _ _ _ _ _ _ _ _

Date

_ _ _ _ _ _ _ _ _ _ _ _

Accountability buddy

DEVELOPED BY:

ASIAN MEDICAL STUDENTS' ASSOCIATION - SINGAPORE

AMSA
ASIAN MEDICAL STUDENTS' ASSOCIATION
Since 1985
HONG KONG

IFMSA-Thailand

AMSA
PHILIPPINES

CONTENT EXPERT:

KK Women's and Children's Hospital
SingHealth