

you've got this!

Let's Play Screen-free Bingo!

PARENT TIP: Do screen-free activities as a family. This way, your child learns from a young age that there are other ways to occupy yourself other than using devices.

ACTIVITY

Encourage mindful use of screen time as a family, by limiting the time spent on devices and having a balance between online and offline activities. Complete the different activities in the next page and redeem the coupons below for every 'BINGO' you get! You can also incorporate the activities into your daily routine!

Coupon Exchange Booth

List down the items or activities that you would like to redeem and cut-out the coupons!

COUPON FOR



This coupon is good for



COUPON FOR



This coupon is good for



COUPON FOR



This coupon is good for





How to play:

1. Each time you complete an activity, cross it off the table.
2. When you cross off 5 boxes on the table, whether across, down or diagonally, it means you got a "BINGO"!
3. You can redeem a coupon for every "BINGO" you get.

B I N G O

Have a screen-free meal



Read a passage from your favourite book

Play a board game with your family



Paint each other's portraits

Go for a swim

Play Simon Says

Family challenge: Balance on one foot. The last one standing wins!



Plant something edible. Remember to water it each day



Watch the clouds and name what you see



Play charades

Collect 10 leaves from the nearby park and shade the leaf patterns



Take a 30 minute nature walk. Write down 5 things you see



Do jumping jacks for 10 minutes

Play musical chairs

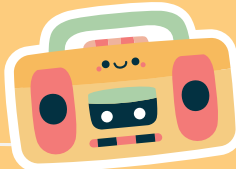


Visit a museum

Have a picnic by the beach



Dance to your favourite music track



Learn to sort recyclables and drop them off at your neighbourhood's blue recycling bin

Go for a 15 minute jog at the park



Sing and dance together

Borrow 3 new books from the library



Learn to bake with your family. Help to measure the ingredients!



Write a letter to a friend or a family member

Indoor camping



Scan here to download more activity sheets!

<https://go.gov.sg/first-influencer-activity-3>

Scan here to submit your feedback!

<https://go.gov.sg/first-influencer-fbf-3>

