



SCREEN FREE DAY



Screen free day is an event dedicated to playing, exploring, and rediscovering the joys of life beyond screens among young children

18
JUNE

WHY DO WE CELEBRATE SCREEN FREE DAY?

FOR AWARENESS

According to the World Health Organization, excessive screen use among young children below 5 years of age has been associated with impaired cognitive and social development.

Screen Free Day 2022 hopes to give families an opportunity to practise self-control in reducing their screen time and develop healthy screen use habits.

BUILD CONNECTIONS

Screen Free Day gives families and communities a chance to come together and connect with each other in their unplugged lives.



ENHANCE CREATIVENESS

Through creative play, kids explore their physical world, build their curiosity, and expand their imaginations.

RESOURCES CAN BE FOUND ON OUR WEBSITE:

WE ENCOURAGE YOU TO SHOW US HOW YOU SPEND 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!

ACTIVITIES AND SUGGESTIONS ON HOW YOU CAN MAKE THE MOST OF YOUR SCREEN FREE DAY ARE FOUND IN OUR SCREEN FREE DIARY!



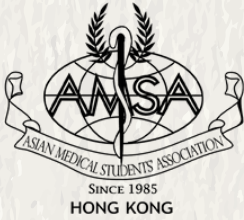


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