

1 — WHAT'S IN YOUR HEAD?

Millie is worrying about her homework.
When Millie worries, her head feels like this:

Offer Millie five pieces of advice that could
make her head feel more like this.

RELAXING
FRIENDS FAMILY
HOMEWORK
HAVING FUN

HAVING FUN
RELAXING FRIENDS
HOMEWORK
FAMILY

- 1
- 2
- 3
- 4
- 5

2 — THE RECIPE FOR RELAXATION

Write your own recipe for relaxation. Which of these is your magic ingredient?

_____	_____
_____	_____
_____	_____
_____	_____

3

DIGITAL QUIZ

What screen type are you?

Answer these questions to find out your screen type.



- 1 When you first come in from school do you...**
 - A. Go on your tablet/Xbox?
 - B. Play outside or inside.
 - C. Chat with your family.
 - D. Listen to music or read a book?
- 2 Do you ever dream about your favourite screen game?**
 - A. Yes.
 - B. Sometimes.
 - C. Occasionally.
 - D. Never.
- 3 What do you talk to your friends about?**
 - A. Online games.
 - B. YouTubers
 - C. TV shows.
 - D. Sports, music or other friends.
- 4 You go out to a theme park with your family. Do you...**
 - A. Take a game for the car and keep your device to hand all day, apart from when you're going upside down on a rollercoaster?
 - B. Take a game for the car and any long queues in the park.
 - C. Take a game for the car but then just take a few photos when you're walking around?
 - D. Take nothing. The day is fun enough?

You chose mainly As. You are quite screen-tastic. Remember that some screen time is fine, but varying your activities is really important. It's good to take exercise, take part in some creative activities, and talk to other people. Perhaps you should spend a bit more time in the outside world which is full of fun and real-life experiences!

You chose mainly Bs. You like some screen-time, but you also like to spend some time playing other things, and you like watching things as well as just gaming. Remember not to use screens too close to bedtime and switch everything off when you go to sleep.

You chose mainly Cs. You are a chatty sort with a good screen-life balance. You like playing and watching but in a friendly way. You like to get out and keep your friend and family relationships ticking along. Well done!

You chose mainly Ds. Well done for being active and out there and keeping a wide variety of interests going. Remember that as you get older a little bit of time spent using a screen is normal and don't be too worried if that happens - it's balance that counts.