

E Safety
January 2023
– digital
leaders
Competition



- This half term's focus is staying happy when we are online.



We will be
running a
competition



Weekend of 28/29
January

Can you challenge
yourself to change
one thing?

Here are some of
our ideas.....



Having dinner without devices.....so you can spend more time talking to your family.



Perhaps you could even help
cook dinner?



Leaving devices downstairs at bedtime so you can read a book with your grown ups.....



Or your brothers and sisters.



Or even your pet!



Limiting device
time to do
something
different.....



CHANGE ONE THING

- Walk your dog (if you have one)
- Learn something new
- Exercise or spend family time
- Get creative



Rules of the Competition:

- Decide what one thing you will change.
- Take a photo and write a few sentences to say what you have done.
- There will be a prize draw for completed entries.

