



Build & Talk ADVENTURES



SCREEN TIME



INTRODUCTION FOR THE GROWN-UPS!

This interactive story will help you talk with your child about screen time. There's lots of LEGO® building along the way, designed to help your child understand active and passive screen time, and how to strike a healthy screen balance. You'll also find handy conversation starters to get the conversation flowing as you build and learn together.

Before you start, why not read our [screen time tips](#) for parents and caregivers?



What is Build & Talk?

From an early age children learn how to interact with the physical world. But in the abstract and ever-changing digital world, it's not obvious and sometimes even adults can have a hard time keeping up.

To help your child understand and thrive in online spaces, we've created Build & Talk Adventures for children aged 6 to 9. Along with your child, follow Ida Switchditonandoff and her friend, Sam to different locations in the Digital Forest to talk about the digital world, and how to explore it in a safe and savvy way.



HOW IT WORKS



Easy to start

Open the activity on your tablet or phone (a bigger screen will be better). Ask your child to grab their LEGO bricks (or a pen and paper) and find a comfy, quiet place to sit together.



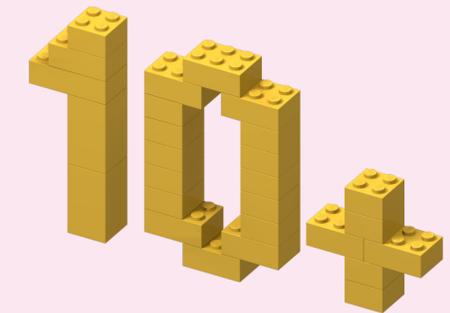
Follow the story

Read the story aloud to your child. You'll find hints on what they need to build as you go along.

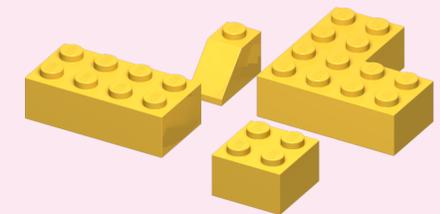


Start talking

Use the suggested questions and conversation prompts to start chatting about digital safety and wellbeing.



minutes



Use any LEGO bricks
(No bricks?
Draw instead!)

Welcome to the digital forest! Deep down in the depths of the internet there is an exciting, mysterious forest where even the bravest explorers can get lost. Ida Switchdtonandoff and her friend, Sam, are two curious digital explorers, who love adventuring deep into the heart of the forest together.

All of sudden, Ida Switchdtonandoff and her friend spot a bright light and flickering motion.



GROWN-UP'S GUIDE

Prompts to explain the digital forest:

When you use your devices, you can do all kinds of things. It's almost like a forest! It is a place many kids explore because you can do so much cool stuff! You can come to the digital forest to watch videos, read stories, and learn new things.

Ida Switchdtonandoff and Sam race to reach the bright light. After a long walk, they finally reach the Many-Screen Mangrove!



What's this? I see screens! So many of them! Will you come check out the forest with me?



Hmm, I'm scared of getting lost in there. I'll wait for you outside!

GROWN-UP'S GUIDE

Prompts to explain the location:

This story is set in the Many-Screen Mangrove, a place where you can see all kinds of screens, all the time. A mangrove is a tree that grows in muddy, salty water.

It has long roots which you can see above the water. When many mangrove trees grow together, they make a mangrove forest – a place where you can easily lose your sense of time and space.

The Many-Screen Mangrove is full of sights to see! Ida Switchditonandoff hops from screen to screen, watching videos and playing games.

I could watch cats chase their tails all day long!

I love this song! I'll watch the video clip until I know the dance by heart!

Ooh, a car racing game! Let's see if I can beat the highest score...



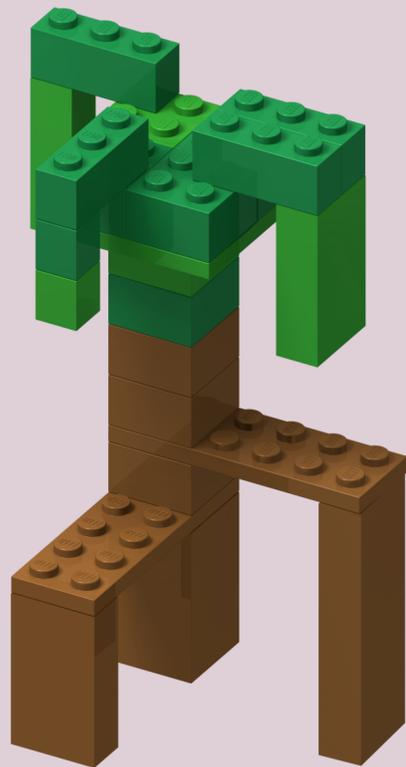
GROWN-UP'S GUIDE

This is where you and your child can Build & Talk together. There are some building ideas with questions to get you started, but feel free to add your own!

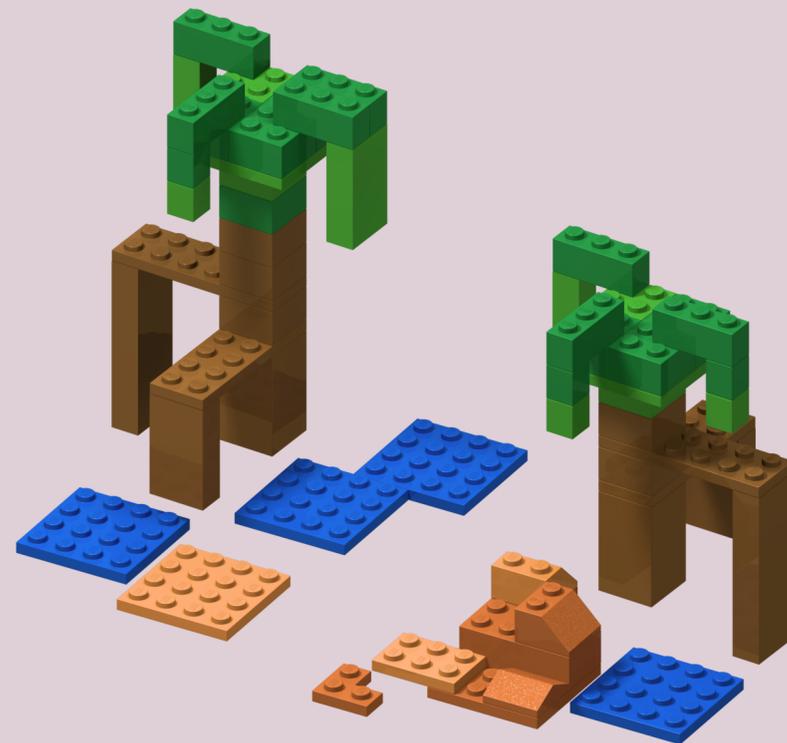
What can we build from the digital forest?

Here are some building ideas:

Mangrove tree



Entrance to the Many-Screen Mangrove



No bricks?
Draw instead!
Be creative and let
your imagination
run wild!

Questions to ask while your child builds...

Use this story to talk to your child about screen time. Screen time can be passive, like watching videos of cats. It can also be active, like playing a game. Here you can see that when Ida Switchditonandoff is having fun, she forgets about time!

It seems like Ida Switchditonandoff likes cat videos. What do you like to do on your device?

Prompts: Remind your child of the activities they like doing online.

What do you like to do when you are not using your device?

Prompts: Remind your child of the other activities they like doing.

Ida Switchdtonandoff is having a blast! After some time, she starts to get tired and needs to take a break. She wants to find Sam - but can't remember the way back!

All these screens have tired me out, and I feel a bit low. I have to get to Sam, but how do I go back?



GROWN-UP'S GUIDE

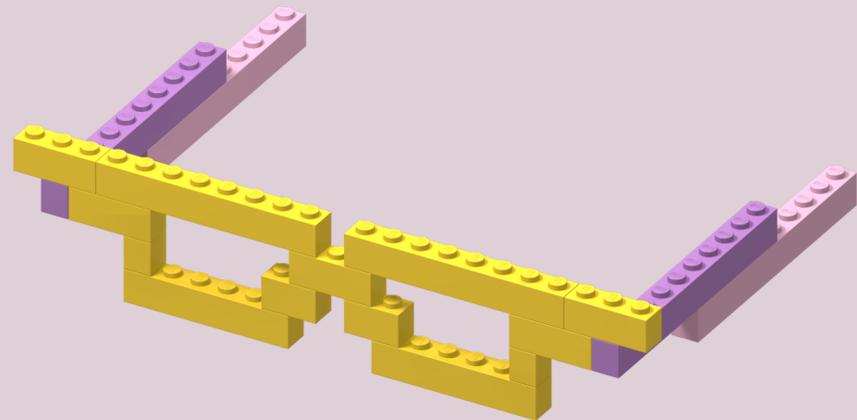
The building and talking continues!
Feel free to add your own questions.

What can we build for Ida Switchdtonandoff to help her find the way back?

Here are some building ideas:

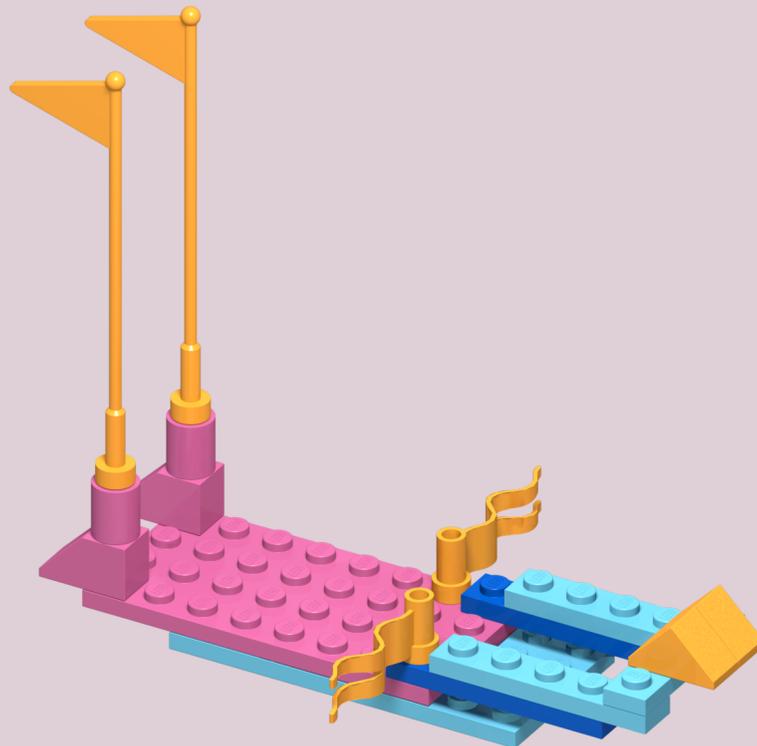
Spectacles

A pair of spectacles to help her filter through the screens.



Hover board

A hover board so she can fly out.



Questions to ask while your child builds...

How do you think Ida Switchdtonandoff feels after being in the Many-Screen Mangrove for so long?

Prompts: Maybe she's tired from so much online activity without a break?

How do you feel after you've spent a long time on your phone or playing games online?

Prompts: Do you ever feel tired, sad or jittery?

With your help, Ida Switchditonandoff finds her way out of the Many-Screen Mangrove! She treks through the muddy waters, past the screens with videos and games, and finally finds Sam.

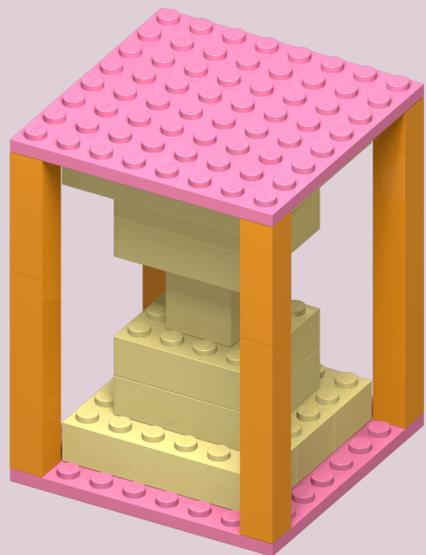


GROWN-UP'S GUIDE

The story ends here, now it's time to help your child use what they've learned from the story in their own life. Use the questions (or make up your own) to help your child balance their screen time.

Here are some building ideas:

An hour glass to remember to take breaks



A favourite offline activity (trampoline)



Questions to ask while your child builds...

What can you do if you are spending too much time on online activities?

Prompts: Remind your child that they are the boss of their device and not the other way around. Tell them that they can always reach out to you or a trusted adult if they need support to balance their screen time.

How can we remember to manage our screen time everyday?

Prompts: Keep what you've built or drawn on your desk or a nearby shelf to remind you to balance your screen time.



Worried? [Click here](#) to find expert help and advice where you live.

For more about screen time [click here](#).

Ready for more? [Head here](#) to explore more online safety topics.