

Build & Talk ADVENTURES

SCREEN TIME

INTRODUCTION FOR THE GROWN-UP

HOW THIS PACK WORKS

This is an interactive adventure where you are the narrator. The story will inspire your child to create a made-up LEGO® creature (you can make one too!). As they build you'll find a few questions to ask them to start a conversation on the topic. Don't worry if some of the questions aren't relevant – they're just a guide to get you talking together.

BEFORE YOU START

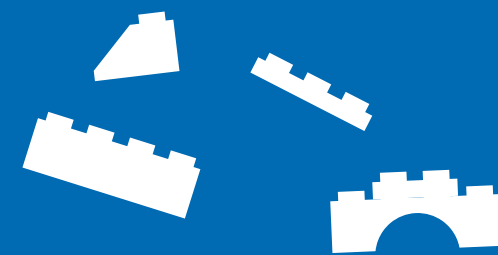
Flick through the story yourself so you understand how it works.

GOT IT?

Then let's begin! Start reading from the next page.



minutes



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



Find a quiet spot
to sit together



Hello!
My name is
Ida Switchditonandoff,
Digital Explorer and
Online Creaturologist,
do call me Ida.

Welcome to the online
world, fellow explorer!

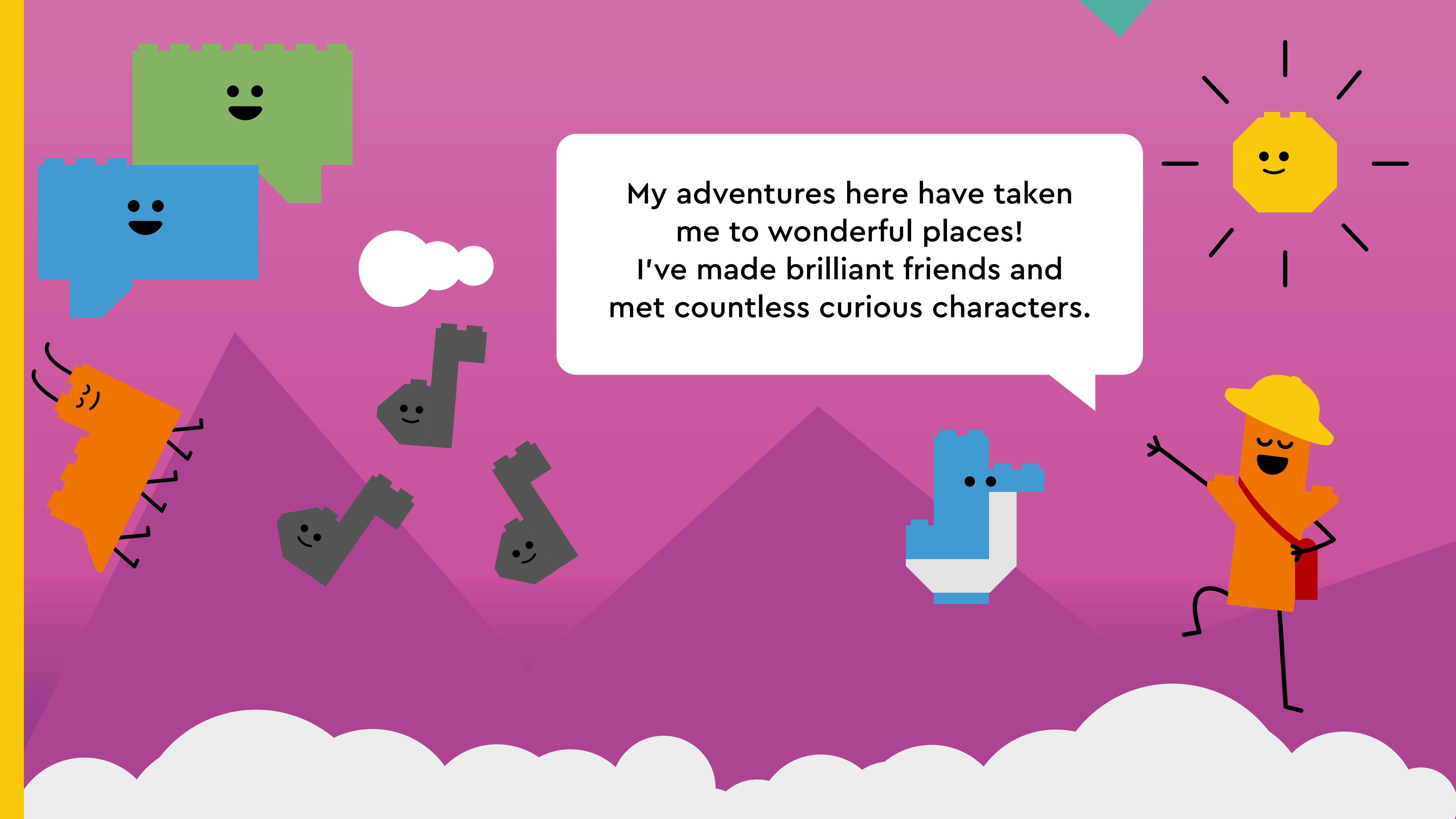
GROWN-UP:
Want to skip the intro? [Click here](#)
or scroll to page 13 for LEGO building.



I don't have to tell you how
incredible the internet is,
I know you've been exploring
here since you were a little pixel...

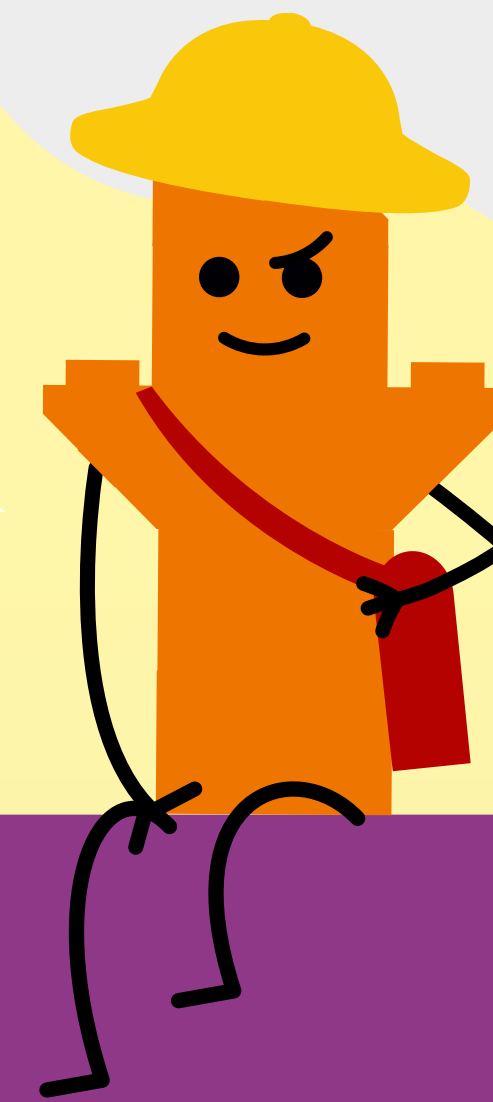
(Your grown-ups may find it hard
to keep up!)





My adventures here have taken
me to wonderful places!
I've made brilliant friends and
met countless curious characters.

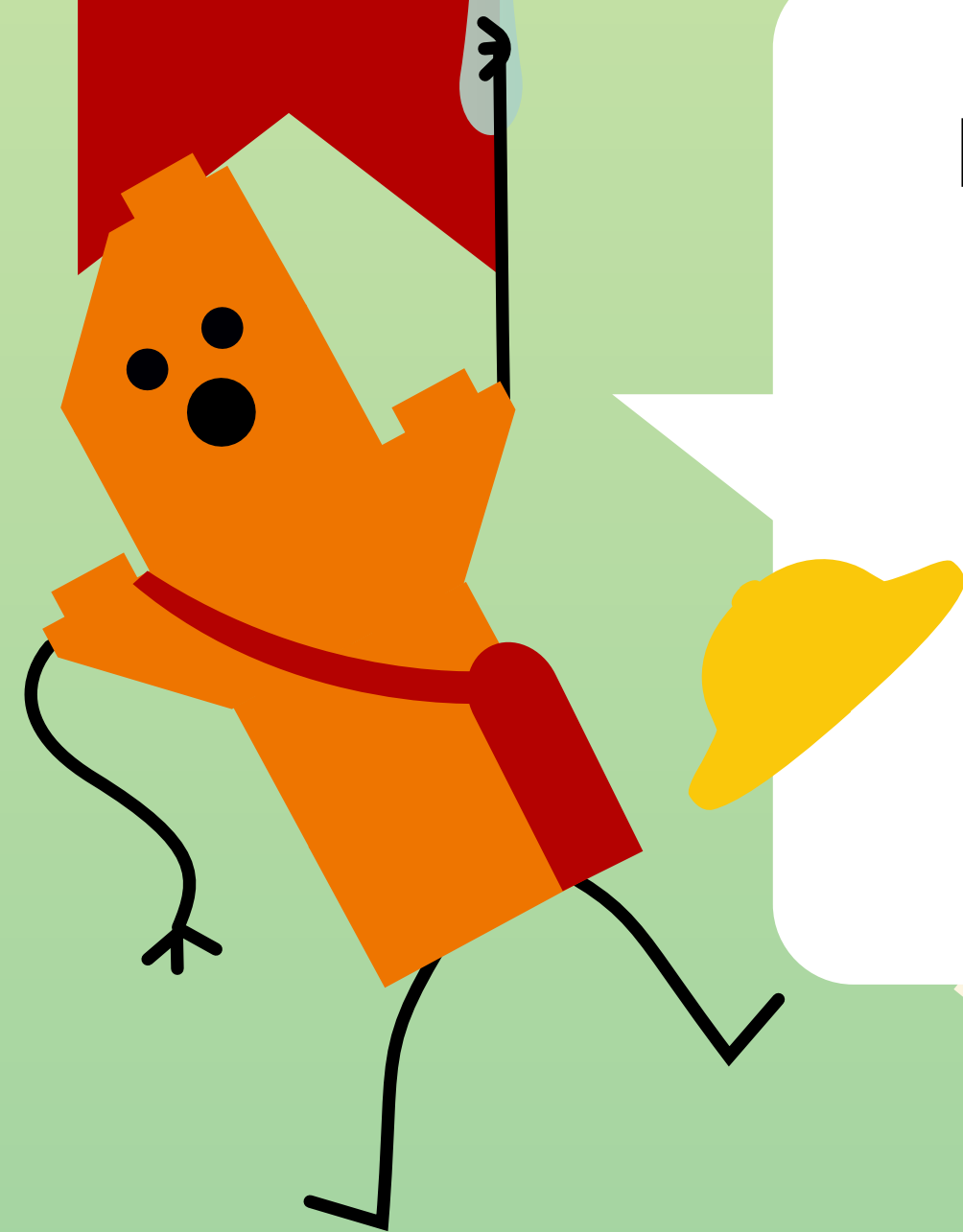
I've also discovered some things to beware of! I've been recording these unruly beasts in my book:



Wild Creatures of the Online World

How To Identify Them...
And Then Avoid Them!

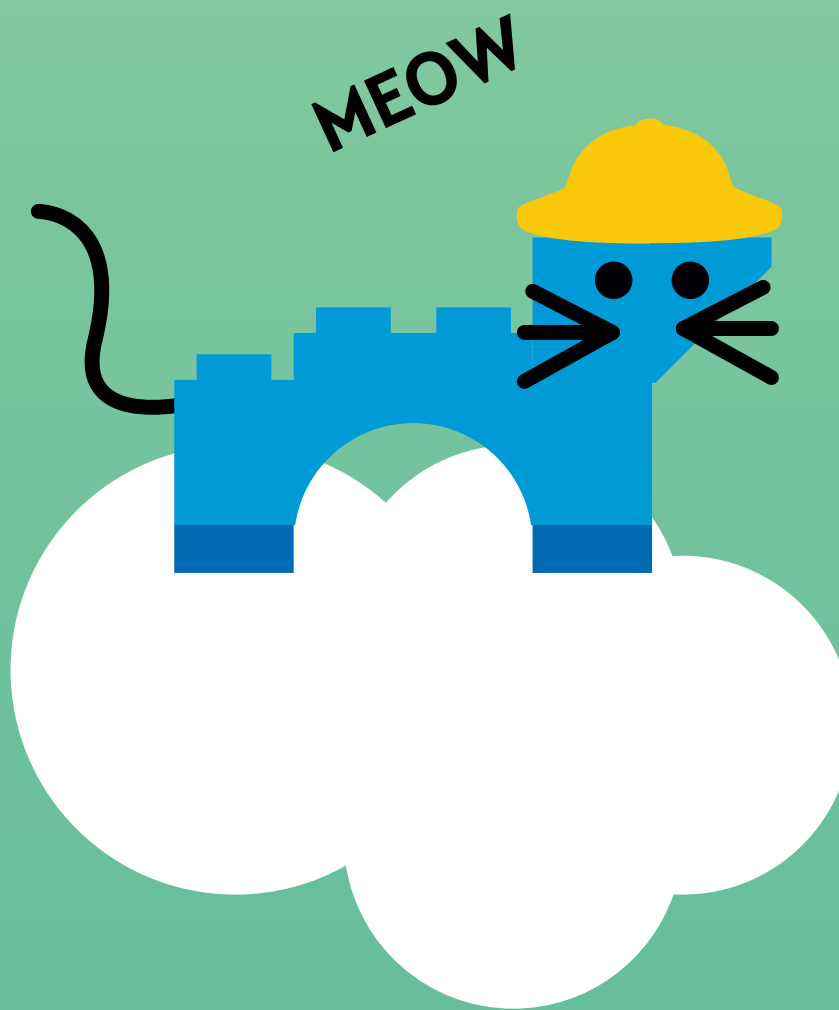




My book will help every online explorer
know what to look out for, so nothing
gets in the way of them having a
fantastic time.

Well, at least it WAS until...

Yesterday, when I was busy watching
hilarious cat videos (vital research!)
one of these naughty creatures snuck in,
tore up my book and ATE all the pictures.

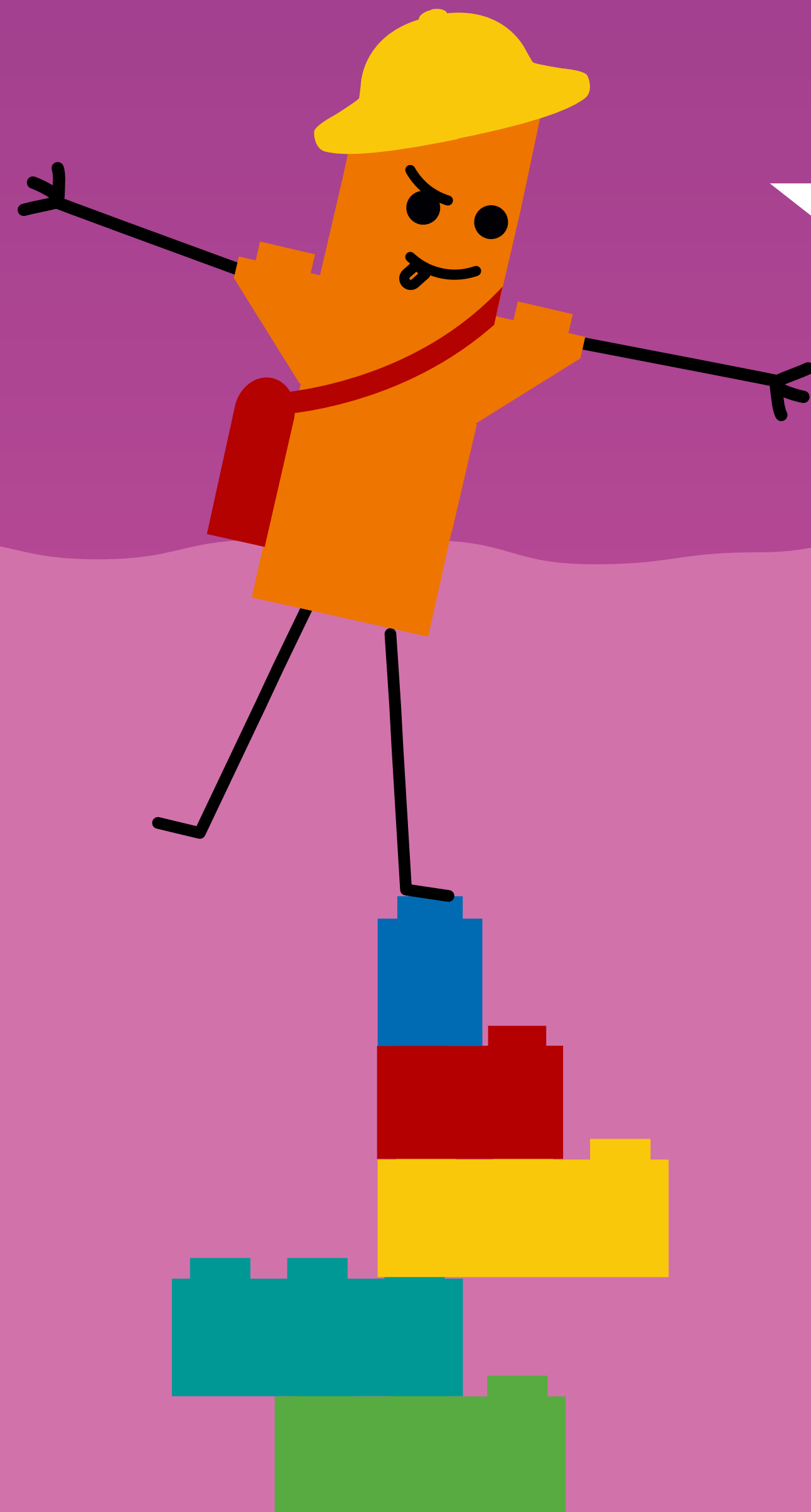




Only a few scraps of my book remain and NO pictures.

And nobody under 100 years old will want to read a book without any pictures.

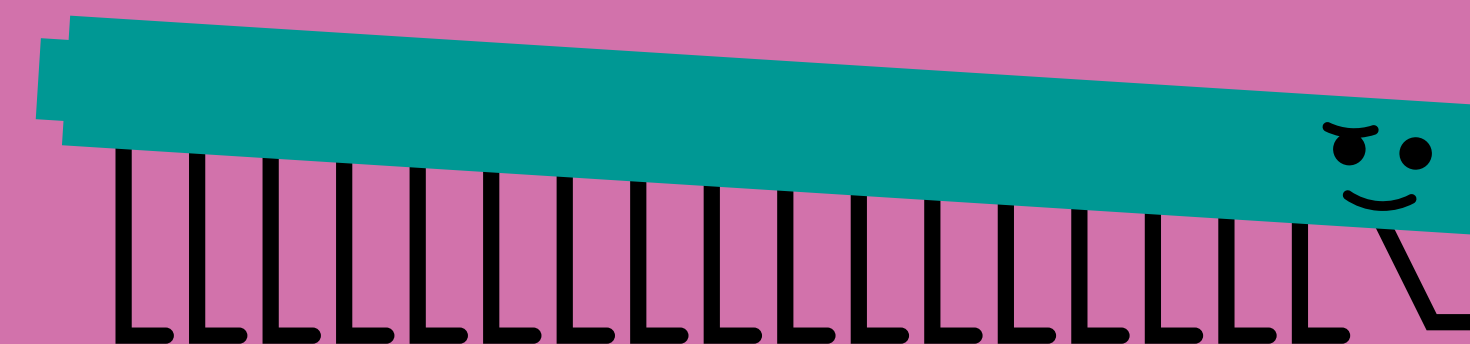
Also, online explorers like you won't know what to look out for.



I hear you're an excellent LEGO builder with a first-rate imagination: just the skills I'm looking for!

I would like to recreate these funny little online creatures using LEGO bricks.


Will you help me with one?



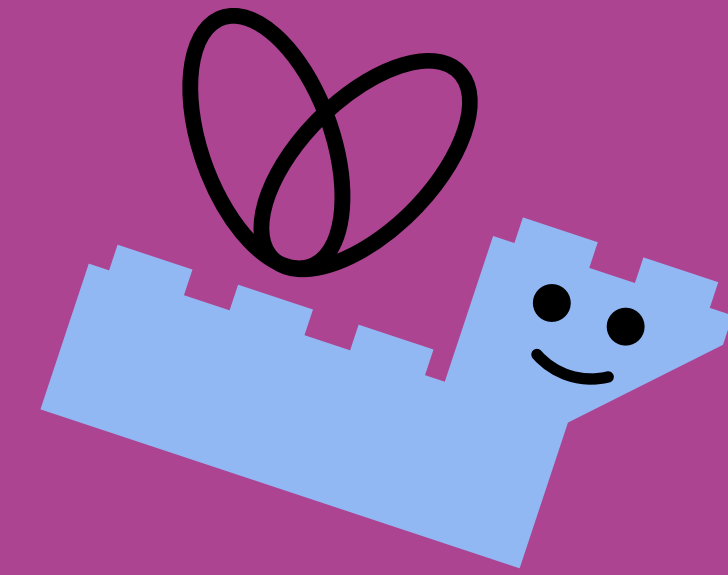


SPLendid!

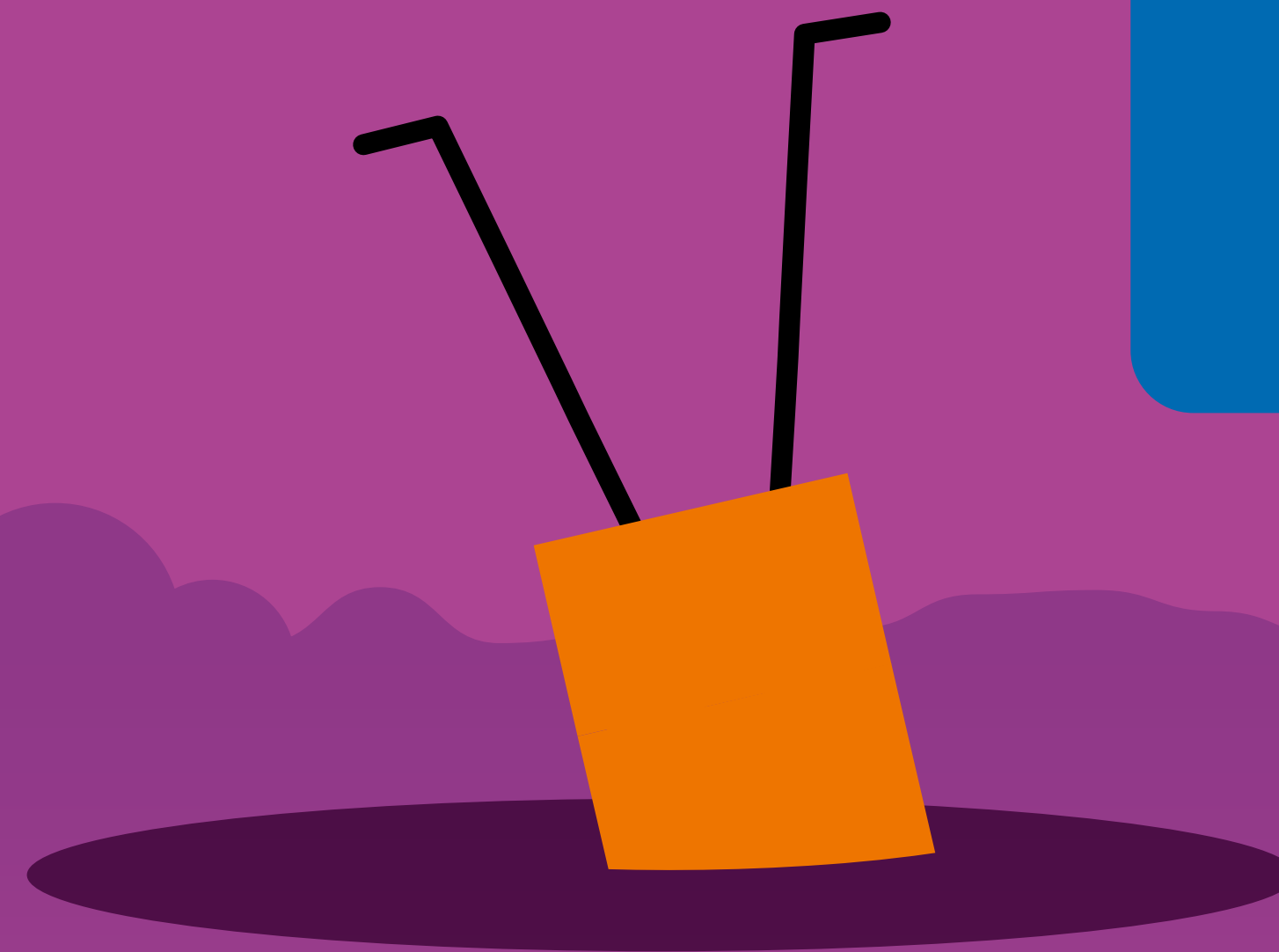
I'll read you a description from my book and you can build along.
You don't need any special LEGO bricks, just use what you have at home.
Don't worry, I'll help every step of the way!


Two purple LEGO bricks, each with a black butterfly icon, are floating in the upper left area of the slide.

Right team, let's dive in!
Make sure you're fully charged,
grab your LEGO bricks and let's go!



GROWN-UP:
Can you help me learn more about
this young explorer's adventures in
the online world? Look out for some
questions to ask as we go along.



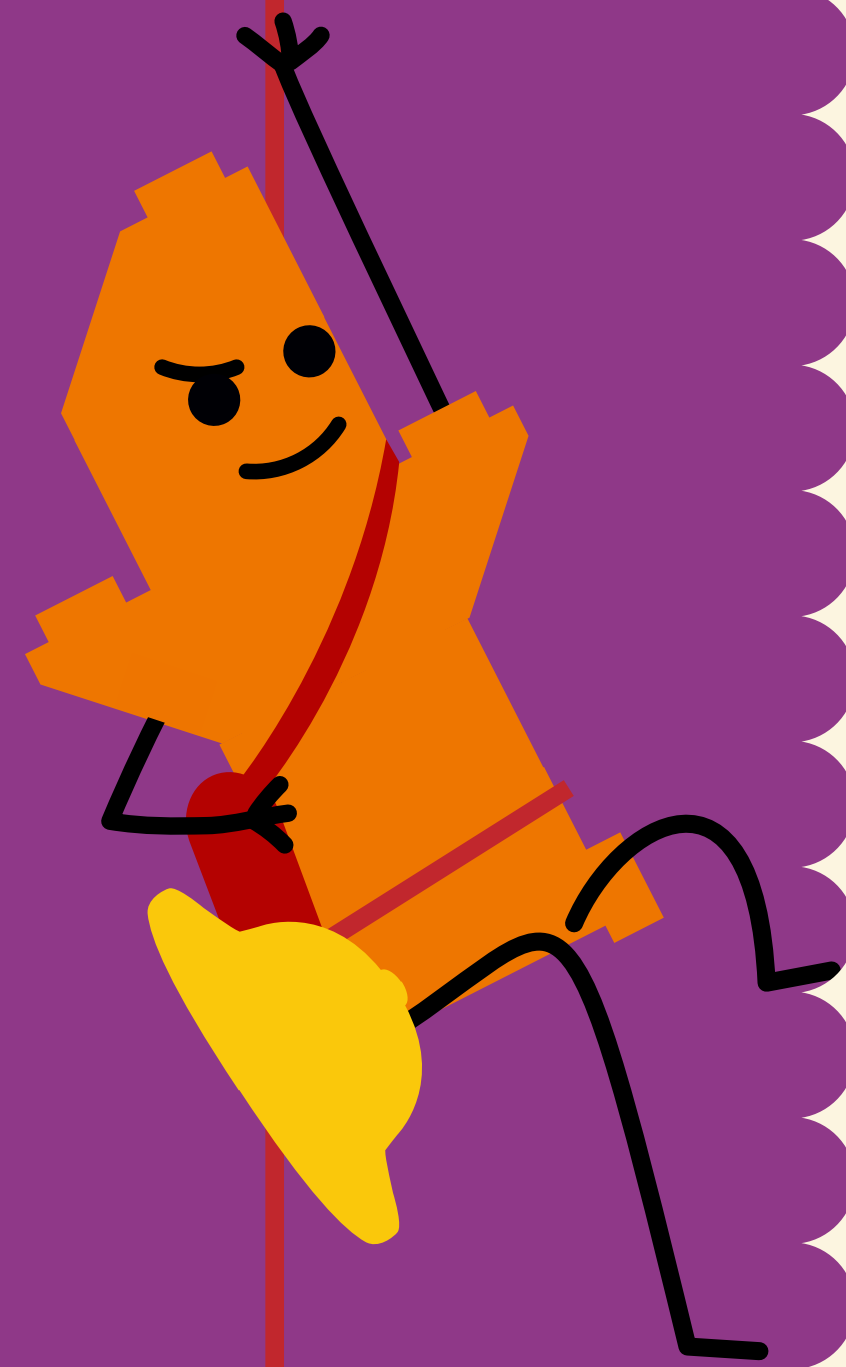


Lucky this section of the book
wasn't too damaged. Just mind the
drool as you read.

The Big-Eyed Scroller



(Screenus Fanaticus, species Watch-Out)

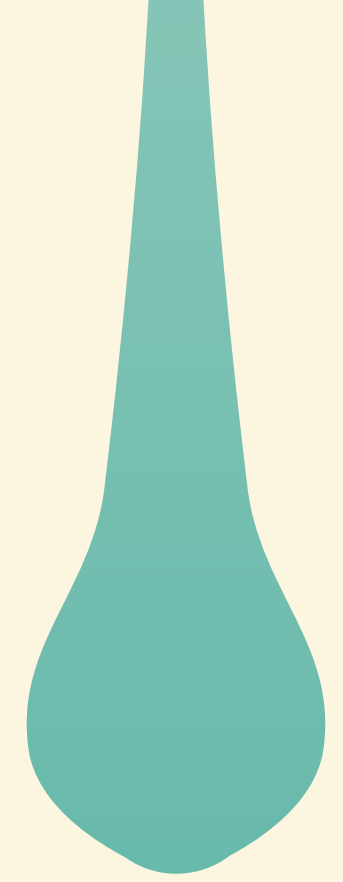


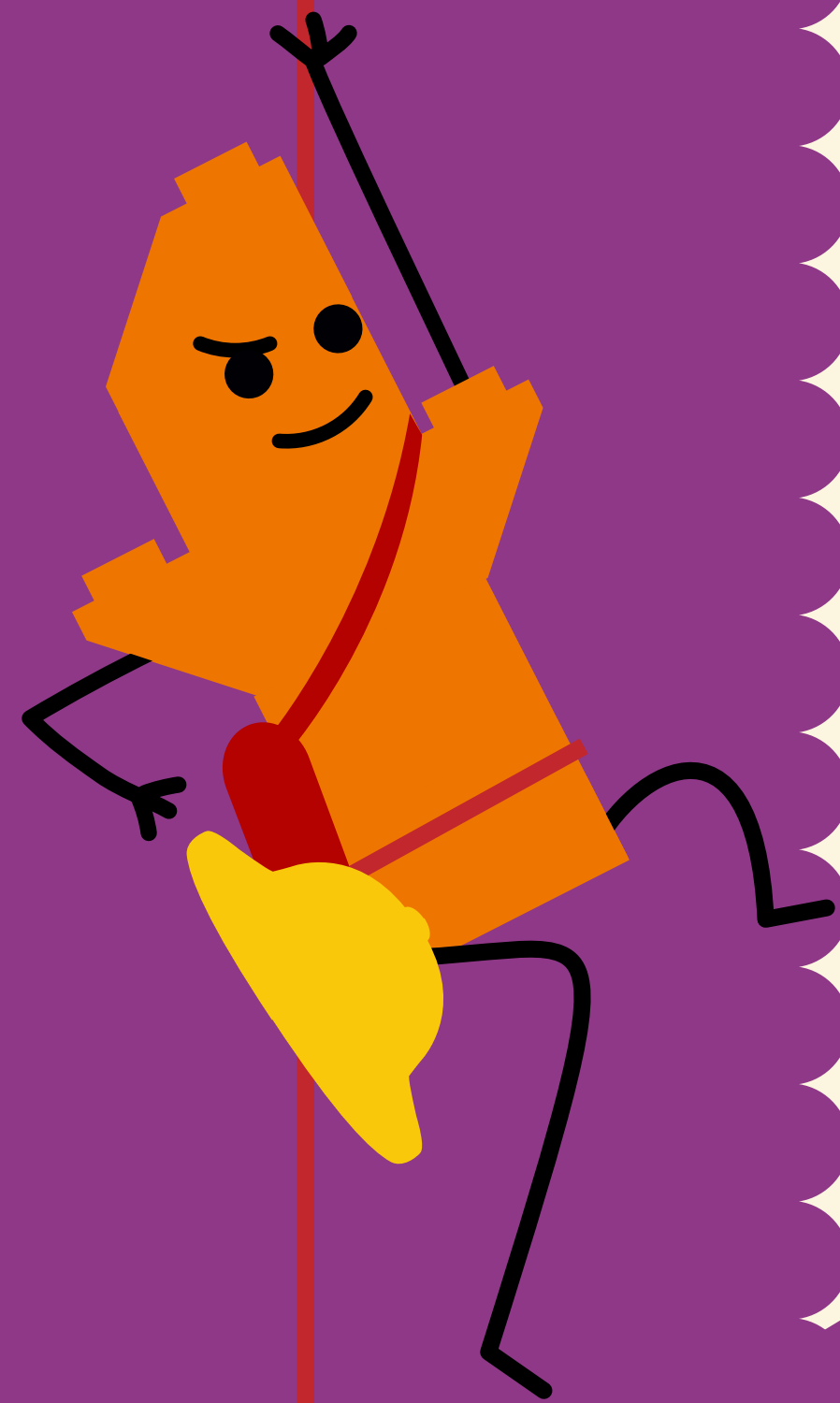
Got the picture?
Now let's read
about how
they look...

Always staring at screens, these creatures are usually found curled up in the dark attached to their beloved devices. Often multi-tasking, they love staying up late, playing games and scrolling through social media. All at the same time! No wonder they sometimes get really tired and can't focus.

Naturally social creatures, Big-Eyed Scrollers often spend so much time online that they can become forgetful and lonely. If only these little hermits could learn to manage time with their devices! They would get a real boost from spending time with friends and family face-to-face as well as online.

Big-Eyed Scrollers all look a little different and can be any age. However, they all share particular features that make them easy to spot.





Physical characteristics

Big, wide eyes from staring at screens all day



Yawning mouth as they're so sleepy

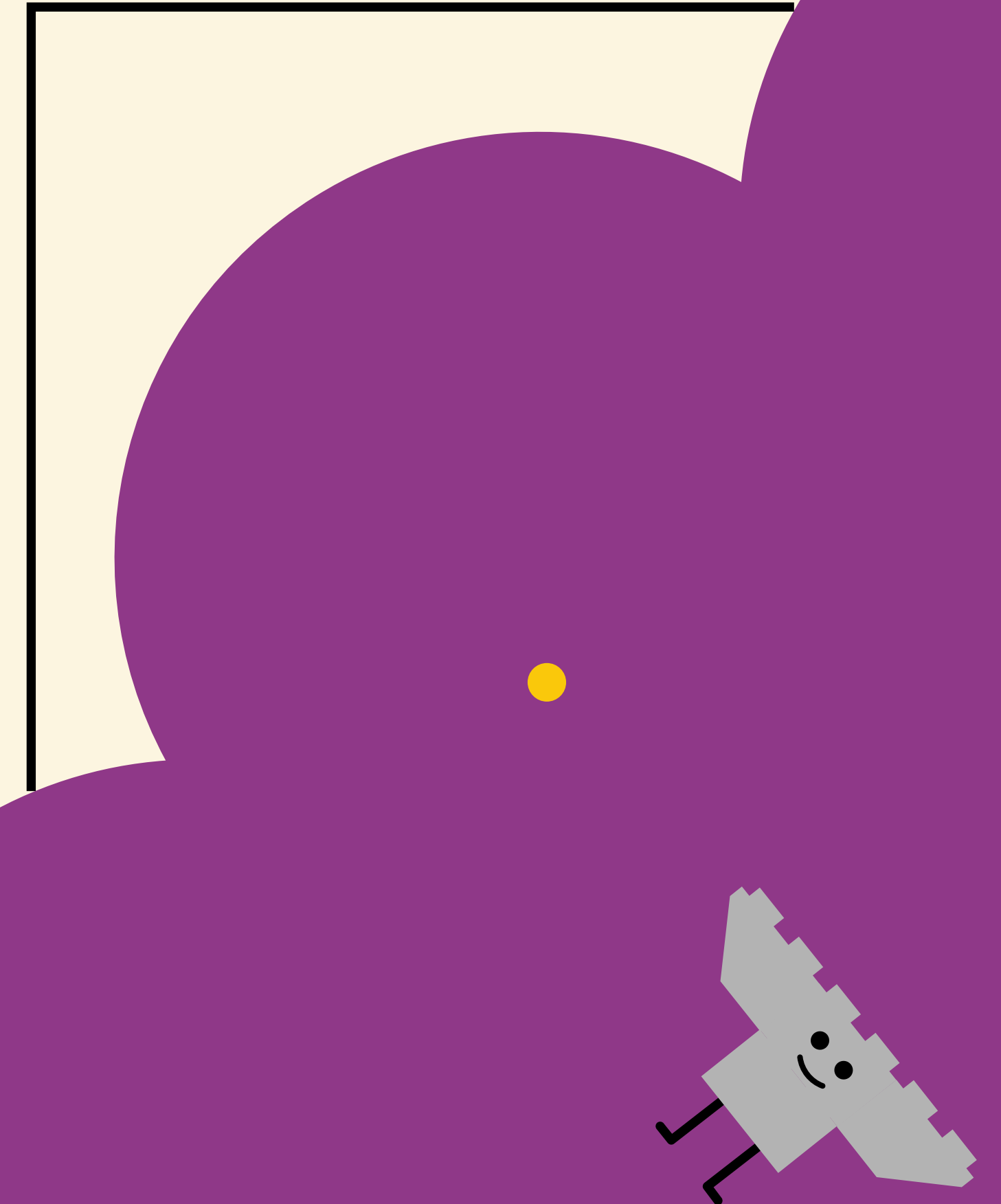


As they're so busy online, they're **usually sitting down**

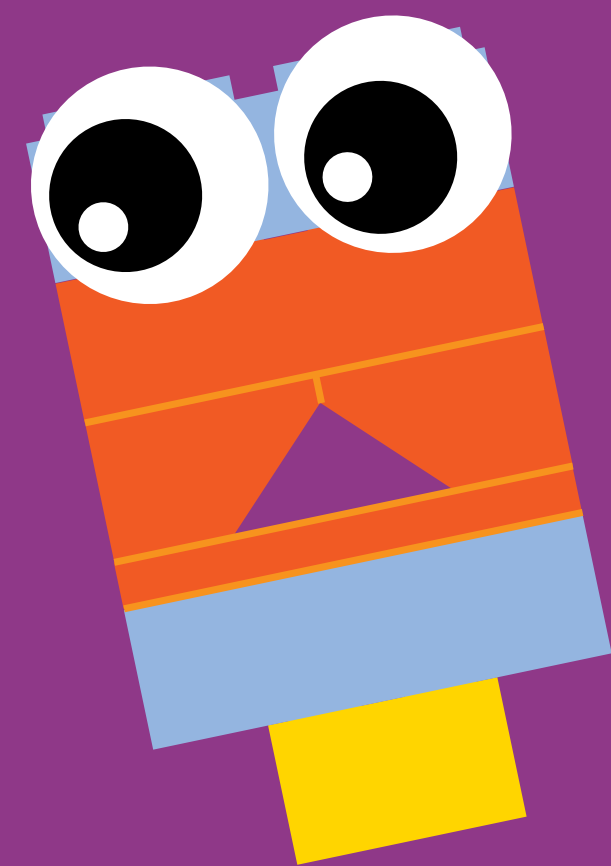


Big hands, perfect for holding all their devices!

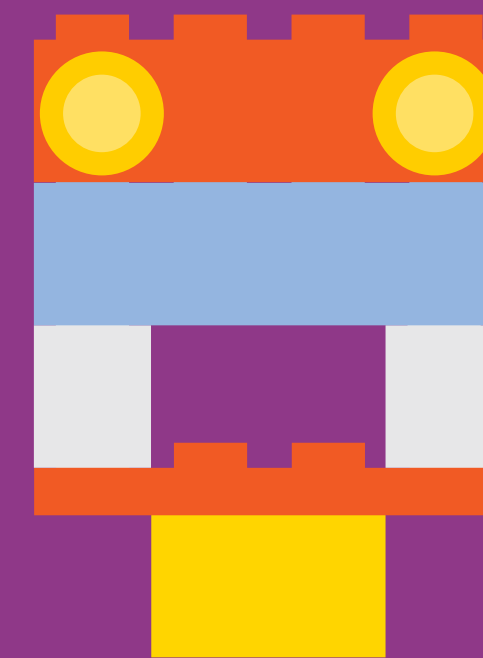
Illustration of typical Big-Eyed Scroller



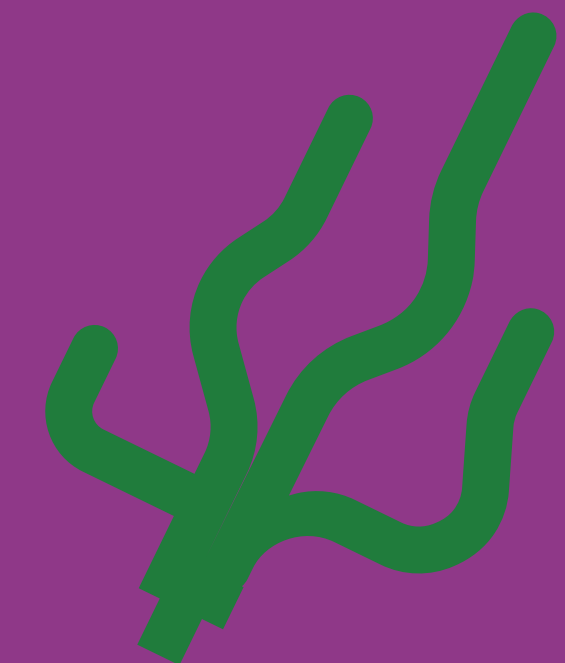
Time to start building your Big-Eyed Scroller.
There are some suggestions on the next pages if you get stuck.



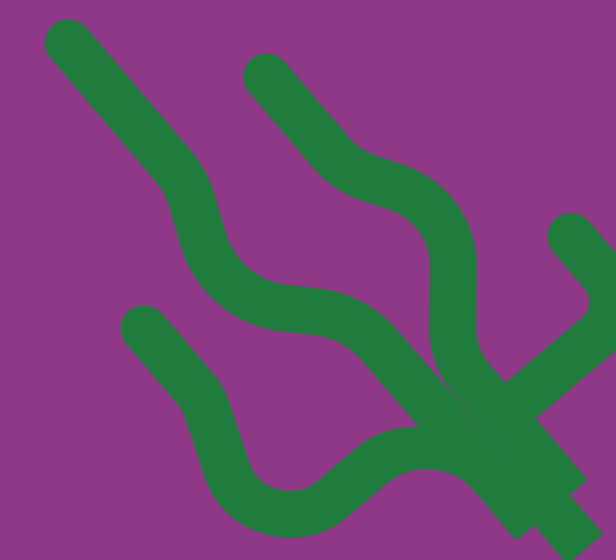
Big wide eyes



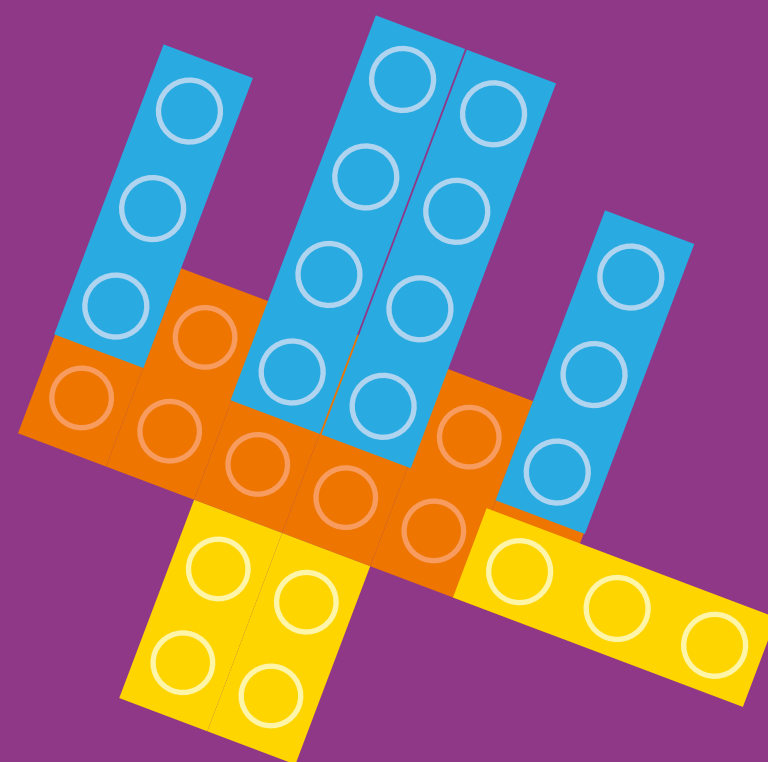
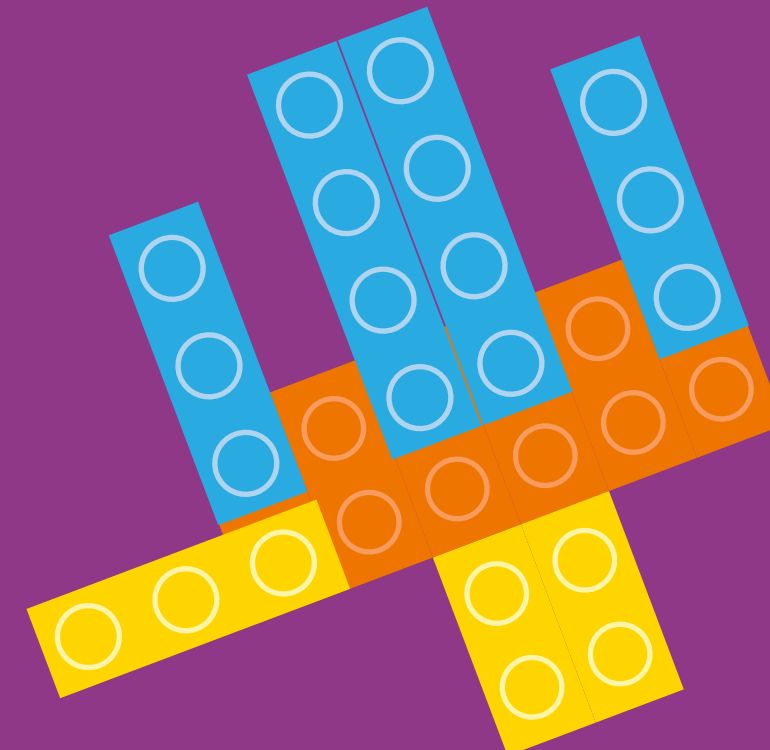
and yawning mouth



Big hands



There's more suggestions below!

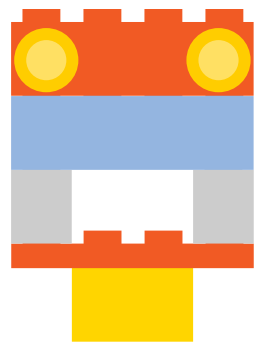


Hey grown-up,
why don't
you try
building too?

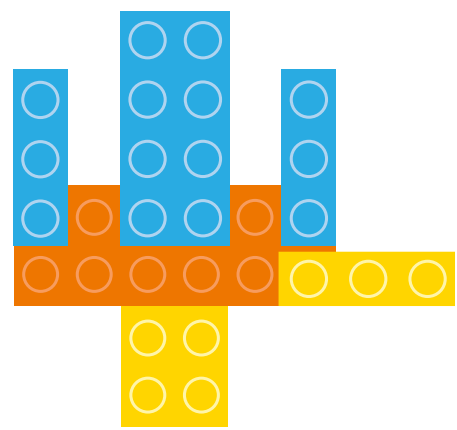


GROWN-UP: Flick to next page for some questions to ask while your child builds

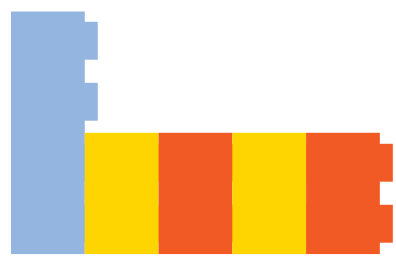
BUILD REMINDERS



Big wide eyes and
yawning mouth



Big hands



Sitting down

Finished building
and talking? Move
to the next page.



GROWN-UP'S TASK

Below are some questions to ask your little explorer as they build.

What do you think counts as screen time?

What's your favorite way to spend time online?

If you spend a long time on your phone or playing games, how does it make you feel?

Do you take regular breaks if you're playing games? If so, what do you do?

Why do you think it's important to avoid screen time before bed?



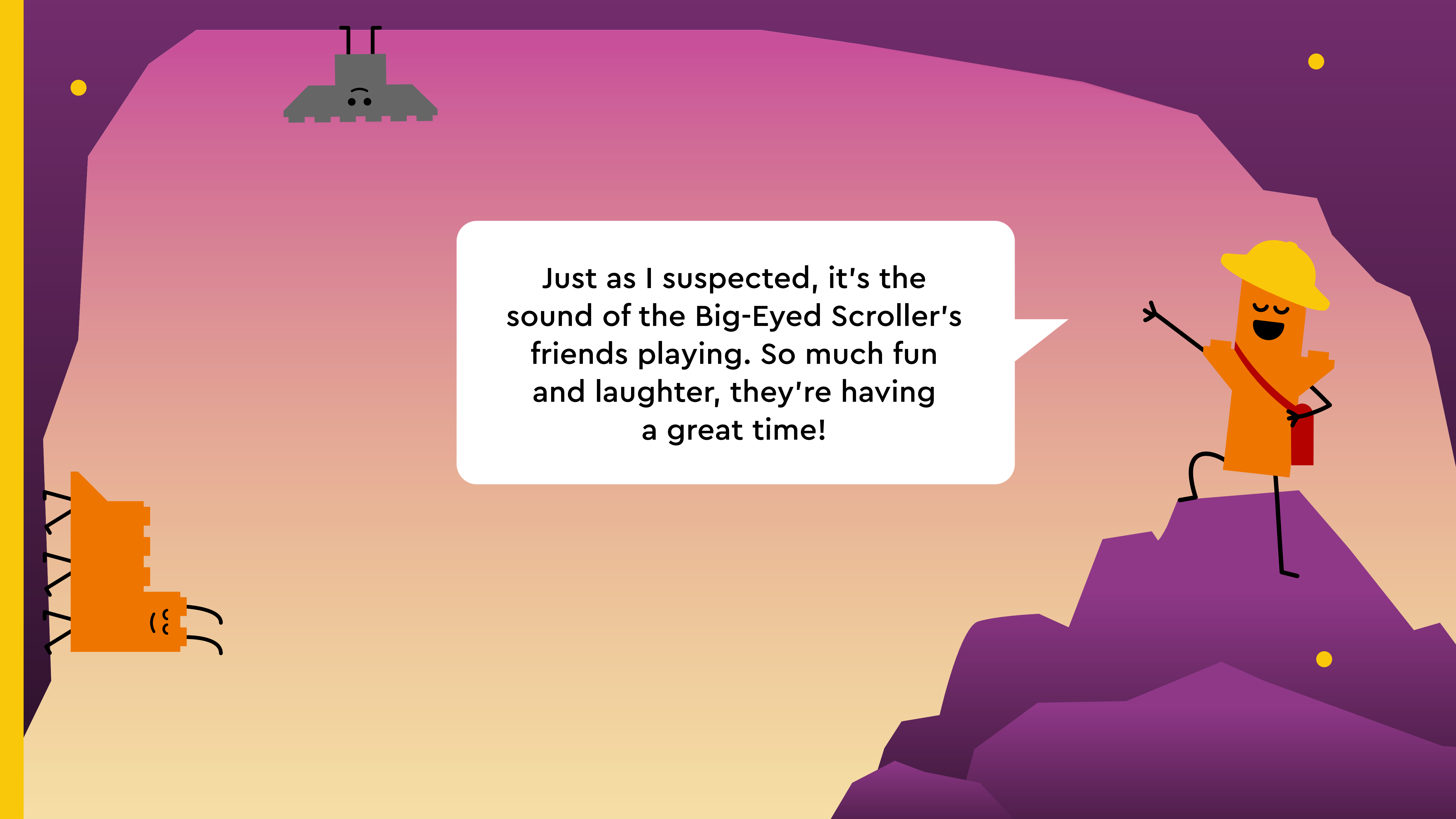
Now that is some brilliant building!
I'm most impressed. I could really
use an expert like you on my
future expeditions.

Wait, can you hear that sound?



YIPEEEEEEEEEE!
HAHAHAHAHAHA!

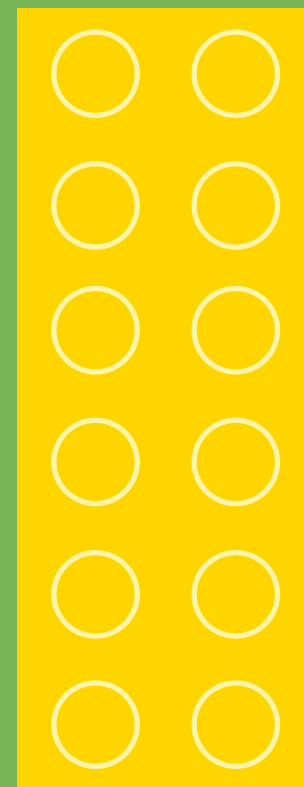


The background is a gradient of purple and pink, suggesting a sunset or sunrise. In the top left, a grey, blocky creature with two antennae and a sad face is floating. In the bottom left, an orange, blocky creature with a sad face is hanging from a ledge. In the bottom right, an orange character wearing a yellow hard hat and a red backpack is climbing a purple mountain peak, waving with one hand. A white speech bubble is positioned in the center of the image.

Just as I suspected, it's the
sound of the Big-Eyed Scroller's
friends playing. So much fun
and laughter, they're having
a great time!

Would you quickly build a skateboard so that the Big-Eyed Scroller can get outside and play with their friends?
It's about time for a break!

Ideas for simple skateboard



Finished building and talking?
Move to the next page.

GROWN-UP'S TASK

Question prompts:

What's your favorite activity that does not involve screens?

Does spending time online ever stop you from doing other things? If so, what?

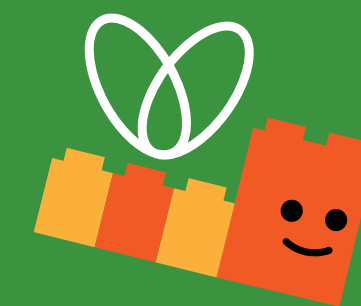
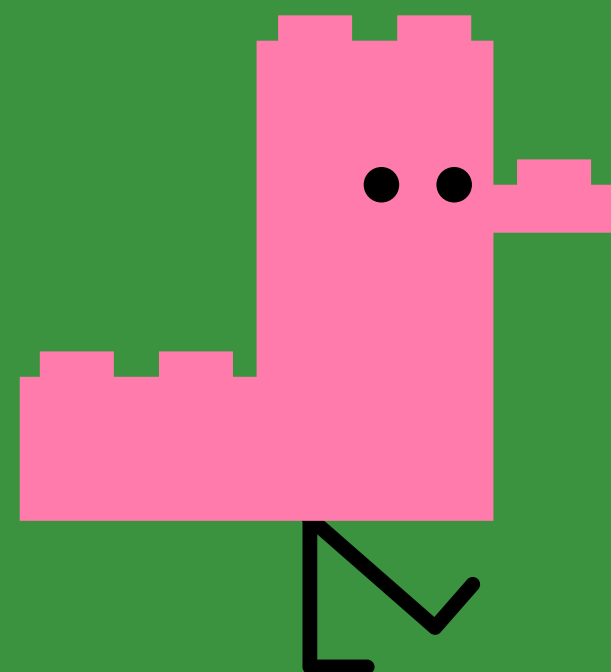
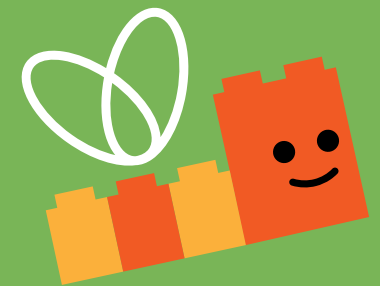
If you were going to set up a screen time calendar for the next week, what do you think would be a good balance?

If you were worried or anxious about either having too much screen time or too little what would you do?

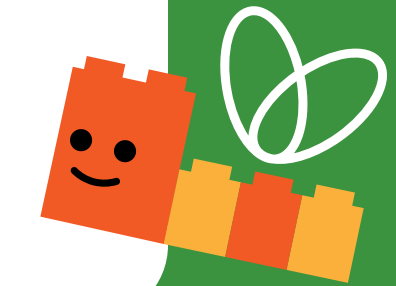
Well done, that really has been a great help.

Right, I must be heading off soon as there are more unruly creatures I need to track down and I sense you're eager to keep exploring too...

Just one more thing...



Before you go perhaps you'd like to make the online explorers pledge?
Grown-ups, you might like to make this pledge too!
Read along together:



Marvellous work!



We'll make sure we're spending lots of time with our friends and family face-to-face as well as on screens.



We'll focus on one activity at a time and take regular breaks so that we don't get too tired.



We'll not use our devices before bedtime so that we can get a good night's sleep.



If we need help managing our screen time, we'll make sure to speak to a trusted grown-up about it.

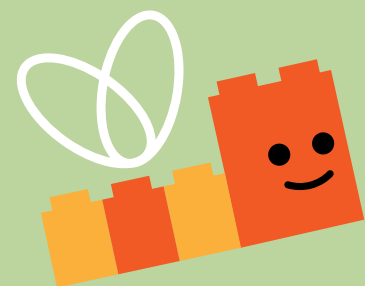
I really couldn't have done it without you today. Your LEGO building is fantastic.

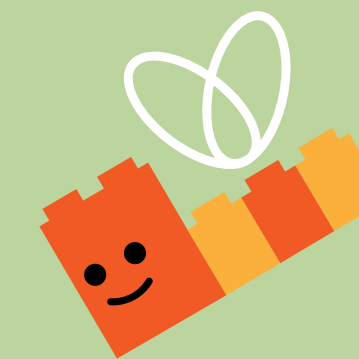
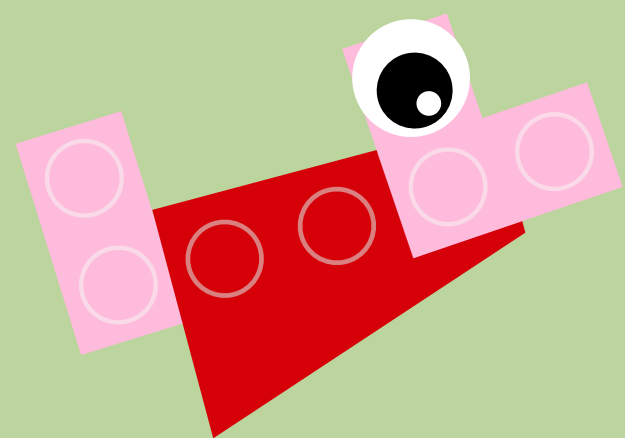
Why not try another quick building challenge on the next page?

GROWN-UP:
For tips on Screen Time
[Click here](#)

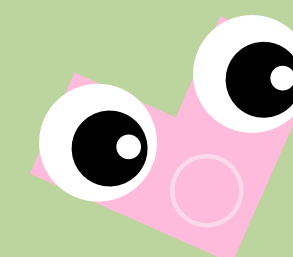
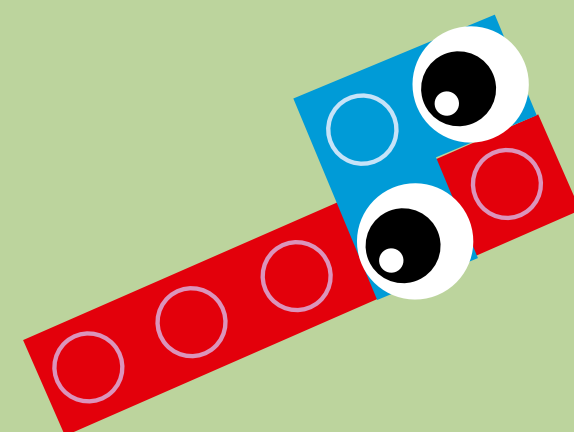
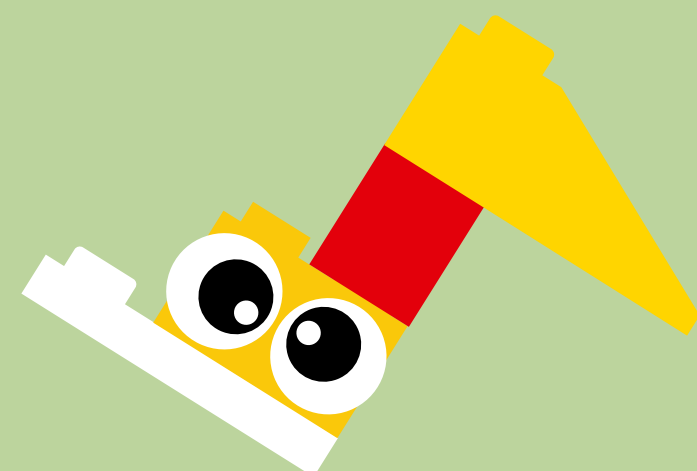
Worried? [Click here](#)
to find expert help and
advice where you live

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





Why not build some of my friends
from the digital world?
Make up some of your own too!



See you soon
for another Build
& Talk adventure

