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.

20 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?
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!
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)
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.
Time to start building your Big-Eyed Scroller.
There are some suggestions on the next pages if you get stuck.

**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!
There's more suggestions below!

Big wide eyes

Big hands

and yawning mouth
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.
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?
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

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?

Finished building and talking? Move to the next page.
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:

- 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.

Marvellous work!
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