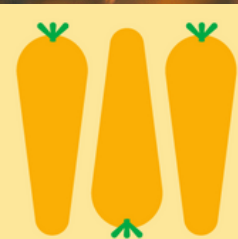


Offline Adventure



A two-week screen-free challenge for families and early childhood education and care services

5 May - 16 May 2025



Munch & Move



Introduction



- > Excessive sedentary screen time in early childhood can have long-term effects on a child's development.
- > **Offline Adventure** is a chance for families and services to explore fun, engaging activities that help children develop communication skills, creativity and active play habits – without screens!
- > The *24-hour Movement Guidelines for the Early Years* recommends no screen time for children under 2 years, and no more than 1 hour of screen time per day for those aged 2 to 5 years. However, studies show that only 17–23% of preschoolers meet these guidelines.
- > This two-week Offline Adventure kicks off **Screen-Free Week 2025** (5–11 May) and features **10 days** of fun and engaging content, each guided by the Screen-Free Week mantra – *Dream, Connect & Play*.
- > By taking part, you'll be encouraging families to make more meaningful moments together, while also strengthening relationships between your service and families (*supporting Quality Area 6: Collaborative partnerships with families and communities*).

Each day includes:

- ✓ A message to share with families through your preferred communication channels (just click the tile and copy/paste the message from this manual!)
- ✓ An activity to try at your service with the children
- ✓ An educator challenge just for you!



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This resource was collaboratively developed between Illawarra Shoalhaven Local Health District (ISLHD), Nepean Blue Mountains Local Health District (NBMLHD) and Northern Sydney Local Health District (NSLHD).



Day 1: Introduction

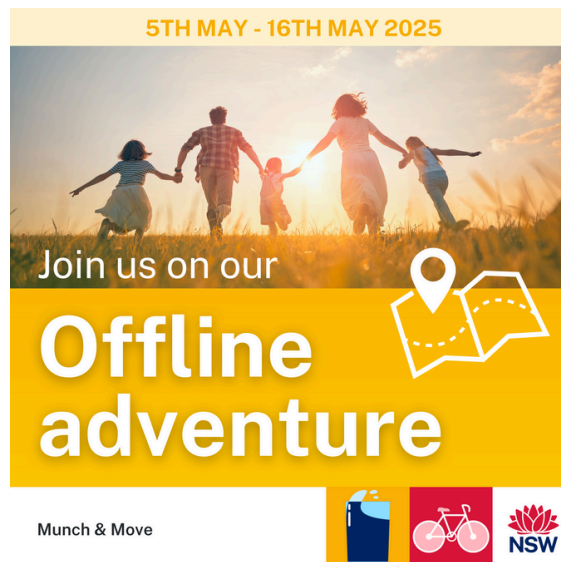
Message to share with families

Join us for an Offline Adventure

A 2-week screen-free challenge that's all about fun, connection, and creativity!

We are inviting families to swap screen time for activities that spark dreaming, connection, and play. Each day, we'll share a family-friendly activity to try, and we'll also take on an activity at our service.

Can't fit it in that day? No worries! Save it for the weekend or whenever works best for you. Let's make this adventure unforgettable!



Service activity (for Educators)



Watch the Responsive Communication Webinar by Speech Pathologists Sophia Marcolongo and Katie Carmody.



Familiarise yourself with the **24-hour movement guidelines** for infants, toddlers and pre-schoolers.

Educator challenge



Make a grand entrance! Don't walk into the room on your phone! Instead, bring some fun energy – sing a song, skip in, or run through and high-five the children as you greet them. Have some fun and notice how the mood in the room shifts.



Day 2: Storytelling

Message to share with families

Spark your imagination by creating a story with your family. Take turns adding to an imaginary adventure or act out a favourite book.

Conversation starters:

- If your favourite toy could talk, what would it say?
- If you could go on any adventure, where would you go?
- If your pet could talk, what would they say?



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Service activity



What is your favourite childhood book?

Read this book to the children at your service. If you can't remember your favourite childhood story, it can be a children's book you enjoy now!

Educator challenge



Cloud surfing!

Ditch your phone during your breaks and go outside for some vitamin D and fresh air. Look up at the clouds and see if you can see any shapes. After your break, take the children outside and see what they can find in the clouds!



Day 3: Table talk

Message to share with families

On your way out today, don't forget to pick a question from the hat!

Take it home and ask your family during a meal — breakfast, lunch or dinner. Use this time to connect through conversation. If you can, eat with the children, even if it's only a small amount. Children learn to feel safe around new foods when they see a trusted person eating that food.

** Educators: in preparation for this day, cut up the table talk topics on page 14 and place in a hat for families to pull out a question as they collect their child.*



Connect



through mealtime conversations

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Service activity



Sensory experience

During a mealtime at your service, talk about how the food feels, what it looks like, and how it smells. You can use this placemat to help. If in doubt, talk about something unrelated to the food!

Educator challenge



Lunchtime chatterbox

Have a screen-free lunchroom today and learn something new about your colleagues! Share what you learn after lunch with the children. Was it funny, sad, strange, interesting?



Day 4: Dance party

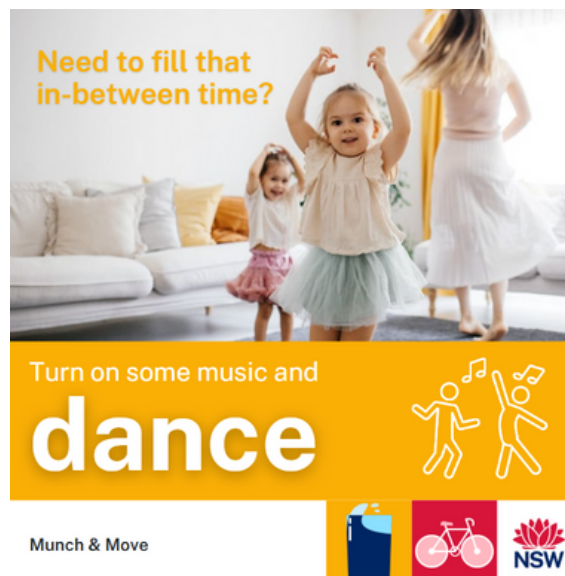
Message to share with families

You know that in-between time when you are between one activity and the next? Why not try filling that time with some dancing!

Waiting for dinner? Pop on your favourite tunes and dance about.

Conversation starters:

- How does dancing make you feel?
- Can you dance like an animal? Try a wiggly worm, a kangaroo or a tall giraffe.



Service activity



Musical statues

Play musical statues using an instrument instead of music - try a maraca, tambourine, homemade instrument, or simple clapping. When the sound stops, everyone freezes.

Educator challenge



No sorry, not now!

Turn off your notifications today and try to only look at your phone at the end of the day.



Day 5: Mindful meditation

Message to share with families

Take some time to lie down with your child and guide them through placing their hands on their belly and closing their eyes (you can do the same).

Guide your child to take slow deep breaths. Encourage your child to breathe in the flowers (breathe in through the nose) and blow out the candles (blow out through the mouth). Encourage them to notice how their belly rises and falls, like a balloon inflating and deflating.

Conversation starters:

- What was the best part of your day?
- Can you send a happy thought to someone you love? Who did you choose?



Breathe in the flowers, blow out the candles

Mindful Meditation



Lie down and place your hands on your belly.
Take slow, deep breaths.

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Service activity



Guided relaxation exercise

Have children lie down, close their eyes, and slowly relax each body part from head to toes. Guide the children with calming prompts like “imagine your head is light, like it’s floating in the clouds” and “imagine your toes are sinking into sand.”

Educator challenge



Did you know?

We check our phones 58–144 times a day. Today, every time you reach for your phone, pause and do 3 star jumps. Then ask yourself — *do I really want to check, or is it just a habit?* A quick burst of movement can reset your mind and help you be more mindful with your screen time.



Day 6: Connect with nature

Message to share with families

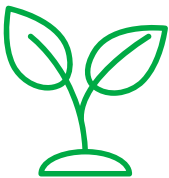
Step outside and find a leaf that is bigger than your hand.

Conversation starters:

- What colour is the leaf?
- Can you find where the leaf came from?
- What sounds can you hear around you?



Service activity



Explore outside

Take children outside to find a natural item like a leaf, twig or flower. Bring it inside and use the collected item in an art project.

Educator challenge



What's the time Mr Wolf?

Set some limits on apps to keep an eye on your screen time — less doom scrolling means more time to step outside and soak in your surroundings.



Day 7: Imaginative play

Message to share with families

Instead of switching on the tv or a device, why not set up a pretend restaurant, shop or space station and see where you can go!

Conversation starters:

- What job would you like to try for a day?
- What would you sell in your shop?
- If you could be any animal for a day, which one would you choose?



Role Play

Where will your imagination take you?



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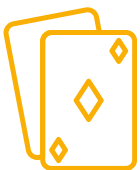
Service activity



Pizza shop

Set up a pizza-making station where children can explore different ingredients. Let them see, smell, and touch the foods. If you don't have time to make real pizzas, why not make pretend ones in your home corner or with craft materials?

Educator challenge



Play cards like Grandma!

Bring a deck of cards into the staff room to play at lunch. Snap, Go Fish, Double Patience or Spoons. Try some of the games with the children after lunch!



Day 8: Build a cubby house

Message to share with families

Create a cosy cubby house using blankets, chairs, and cushions. Have your child add their favourite things to make it special.

Conversation starters:

- Who lives in your dream home?
- What fun rooms or secret hiding spots does it have?
- What stories or adventures happen inside?



Build a cosy
cubby house



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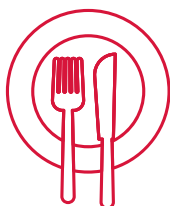
Service activity



Build a mini preschool

Use recycled materials to build a mini preschool for the toys at your service. Encourage children to imagine their perfect preschool and describe what would make it special. Start with the essentials (e.g. doors and windows), then bring their vision to life by adding the fun features they imagined.

Educator challenge



Mouthful of mindful moments

Mindfully eat your lunch or snacks today taking note of all senses involved in eating - what does it look, smell, taste, feel and sound like?



Day 9: Show and tell

Message to share with families

Encourage children to pick something special from home — a favourite toy, book, stuffed animal, etc. and talk about why it's important to them.

Conversation starters:

- What did you choose to share?
- Where did you get it from?
- Why is it special to you?
- How does it make you feel when you play with or look at it?



Show and tell

Share something special with your family



Munch & Move



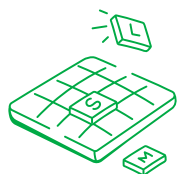
Service activity



Kindness wall

Ask children to think of a time when someone was kind to them or when they showed kindness to someone else. Have them draw a picture of their moment, then gather in a circle to share their drawings and explain their stories. Display all the drawings on a 'Kindness Wall' to celebrate their acts of kindness.

Educator challenge



Choose your own adventure

Start a game of scrabble in the staff room, record the word and value at the end of the week, the winner is the person with the highest scoring word. If you don't have scrabble, play wordle on a whiteboard!



Day 10: Host an Olympics

Message to share with families

Family members take turns competing in fun challenges that get your bodies moving and develop fundamental movement skills.

Try out these activities in your family Olympics:

- Backyard running race (or running relay if you have 4 or more family members)
- Basketball dribble – who can dribble a ball the longest?
- Equestrian – set up a scarf or skipping rope on the ground. Whoever does the biggest leap wins.
- Sock toss- set up an empty washing basket in the middle of the yard. Each participant takes turns to try and get a ball of socks into the basket.



Service activity



Obstacle course

Set up an obstacle course that incorporates Fundamental Movement Skills. For example, hop between hoops, skip along a chalk path, jump over small obstacles, throw a beanbag into a bucket.

Educator challenge



Educator vs. children challenge

It's time for educators face off against the children — think tug of war, target throwing, tag games, relay races, obstacle courses, or a lively round of Simon Says!

Conversation starters



- If your favourite toy could talk, what would it say?
- If you could go on any adventure, where would you go?
- If you could be any animal, what would you be?
- If your pet could talk, what would they say?
- How does dancing make you feel?
- Can you dance like an animal? Try a wiggly worm, a kangaroo or a tall giraffe.
- What was the best part of your day?
- What is something that made you laugh today?
- Can you send a happy thought to someone you love? Who did you choose?
- What job would you like to try for a day?
- If you could be any animal for a day, which one would you choose?
- Who lives in your dream home?
- What is your favourite colour?
- If you could have a superpower, what would it be?
- What is the best meal you have ever eaten?
- If you could change your name, what would you be called?
- What is your favourite day of the week?
- Would you rather have a pet unicorn or a pet dragon?
- What is your favourite fruit?
- What is your favourite vegetable?
- What makes you laugh?
- If you had three wishes, what would they be?
- Would you rather it was sunny or snowing?
- If you could invite anyone to dinner, who would you choose?



Educator challenges



Make a Grand Entrance

Don't walk into the room on your phone! Instead, bring some fun energy — sing a song, skip in, or run through and high-five the children as you greet them. Have some fun and notice how the mood in the room shifts.

Cloud Surfing

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Thank you for participating in the 2025 Offline Adventure!

If you have any questions, please contact your Early Years Munch and Move team at ISLHD-Healthpromotion@health.nsw.gov.au

