WATCH AND CREATE!

CREATIVITY FOR SUSTAINABILITY

Try it at home!

The Watch and Create activity that you did today is fun and easy to do at home!

Simply:

1. Watch a family-friendly video

2. Give your child a challenge that allows them to stretch their imagination and add their own ideas to the video they just watched.

3. Ask open-ended questions about the awesome things you create together.

Tip: Creativity is more fun together. Not only is working with your child more fun for all, it sparks meaningful conversation and can boost your child's learning.

More on screen time:
bit.ly/watchandcreate

What is passive screen time?

It's watching videos, scrolling through social media, and other hands-off uses of technology where you aren't creating anything new.

Why limit screen time?

Too much passive screen time can lead to obesity, lack of sleep, mental health issues, and behavior problems. It's helpful to make a family media plan to find a balance between a healthy amount of watching videos and outdoor play.

When watching screens, why not create?

When you are enjoying screens (in moderation), why not turn it into a game? Use videos and other digital creations as inspiration, then imagine, create, and share your own version of the story! Try your own creative challenges at home that can spark conversation, nurture creativity, and lead to an opportunity to have fun together as a family.

Sustainability is protecting people, planet, and prosperity.