



TECH TUESDAY



This week's key question is...

How can I look after my mental health e.g. what can I do when I'm having a break from screen time?

This question has been chosen because it is Mental Health Day on 06/10/25

The objectives we are covering:

Pupils should know about the benefits of rationing time spent online and the risks of excessive time spent on electronic devices

The resources we will use:

[Dot. By Randi Zuckerberg - Adapted Story - Read by Jo Gregg](#)

Useful links for parents:

[Supporting children's wellbeing online | NSPCC](#)

[Tips to consider when using screen time tools | Internet Matters](#)