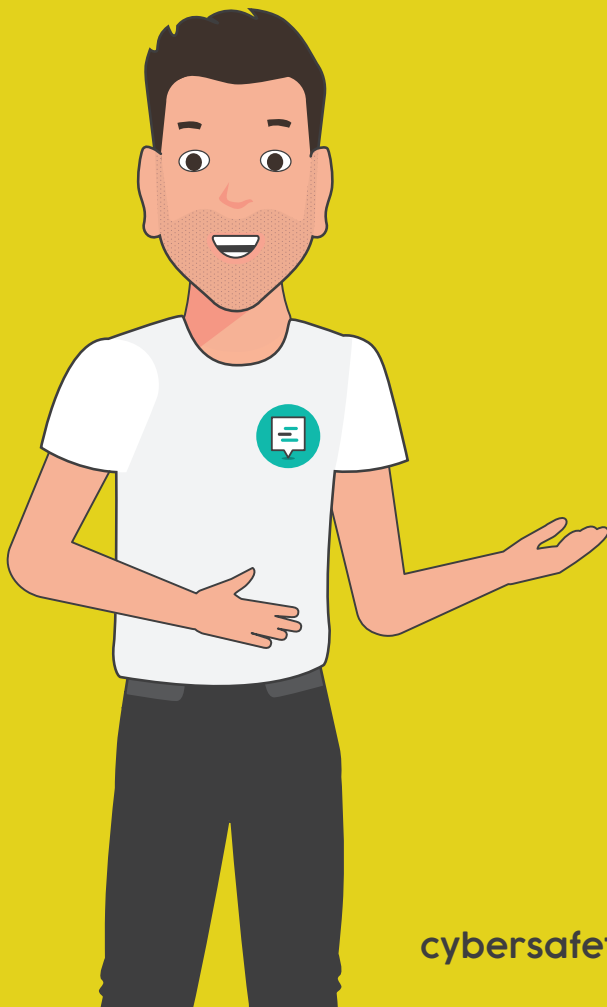


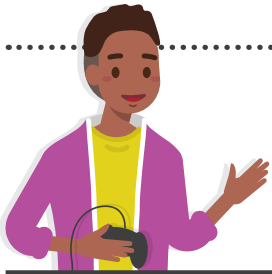
**CYBER  
SAFETY  
PROJECT**

# Foundation Year 1 & Year 2

**PRINTABLE FOLLOW UP TASKS**



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# Taking a Break

It's time for me to take a break from playing online. What could I do instead?

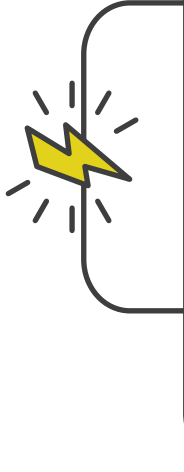


# Taking a Break

It's time for me to take a break from playing online. What could I do instead?

Looking After Myself

6 HEALTHY HABITS TO HELP ME CHARGE MY BATTERIES

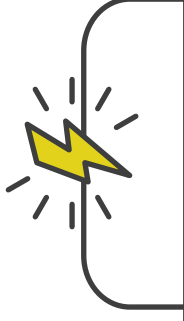


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Looking After Myself

6 HEALTHY HABITS TO HELP ME CHARGE MY BATTERIES



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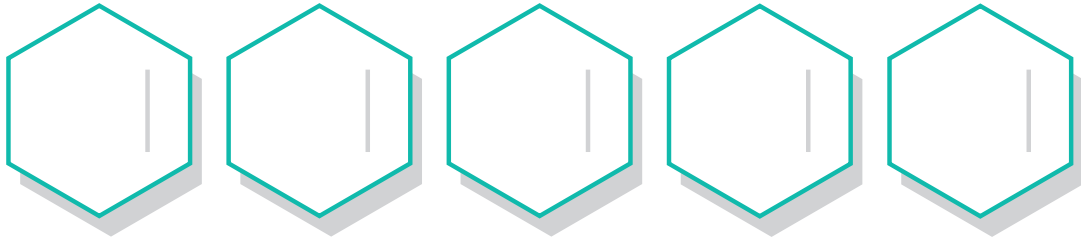
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S.T.A.R.T

To find a healthy digital balance



Five empty hexagonal boxes arranged horizontally, each containing a vertical line for writing.

CYBER SAFETY PROJECT

S.T.A.R.T

To find a healthy digital balance



Five empty hexagonal boxes arranged horizontally, each containing a vertical line for writing.

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# WHAT CAN I DO

To find a healthy digital balance?



S

SWITCH  
—  
OFF

T

TAKE  
—  
A BREAK

A

DO SOMETHING  
—  
ACTIVE

R

HAVE A  
—  
REST

T

TIME  
—  
TO GO AGAIN