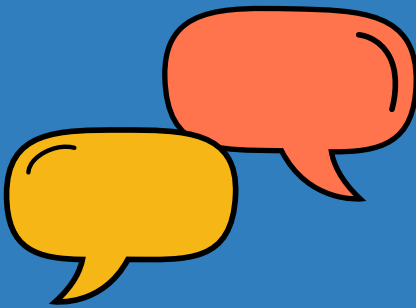
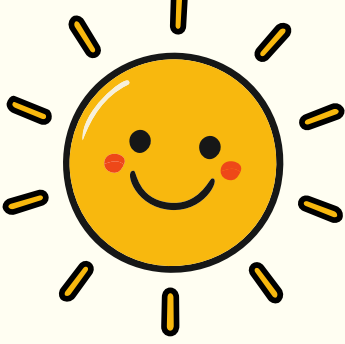
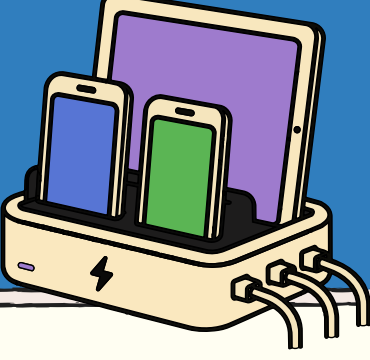
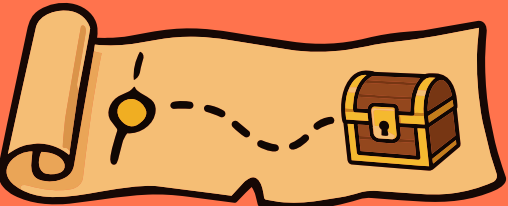


#ScreenSmartSG

SMALL SWAPS BINGO!

Little swaps, real progress!
Do you think you can get a row of 4 or more?
Share it with your friends and family!

Colouring App ↓ Giant Floor Painting 	Do It with A Smile 	Weekend Screen Time ↓ Screen-Free Challenge Cards	Doom Scrolling ↓ Audiobooks/ Podcasts 
You've Got This 	Mealtime Screens ↓ Mealtime Chats 	Evening Screens ↓ Chores Together 	 Let's Do It Together
Bedtime Screens ↓ Physical Storybook 	Unlimited Screen Time ↓ Intentional Screen Time	Take a Break 	Personal Bedside Charging Spots ↓ Shared Charging Spot 
Small Steps Matter 	Drawing App ↓ Drawing Challenge	Mobile Games ↓ Real-Life Treasure Hunt 	 Celebrate Progress