

Are you up for the

DIGITAL SUNSET CHALLENGE?



WELCOME



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So what is it?

The Digital Sunset Challenge is about helping **YOU** learn good digital habits before you go to Senior school and, in particular, the importance of taking a tech break at night.

Why?

Because although mobile phones and other smart devices offer us huge new opportunities for learning, creativity and fun, to get the most out of them we have to learn to “control” them not be “controlled by” them! It is vital we let our brains “switch off” at night in order to recover and to grow.

So how does it work?

It's dead easy - all you have to do during the Challenge Week, is choose a time in the early evening when you will put all your tech down and not pick it up again until the following day. It is better to choose somewhere downstairs, like a basket or drawer where you won't be tempted to go



and get it again, and also where your mum, dad, guardian or carer might charge it up for you over-night.

Then what?

Then you choose what you are going to do instead of being online. You could ask family members to play cards or a board game or maybe watch a TV programme together. Or you could do new and exciting activities that you have always wanted to do – bake that cake, make that model anything that makes you feel relaxed just before you go to sleep.

Then fill in your log the following day, or keep a video diary to show your teacher how you are getting on.

Try and describe how you felt that evening without your tech – did it feel odd, did you feel lonely and out of it or inspired, happy, free of not being attached to it? How did you feel the next day? Did you sleep better? Was it easier to concentrate in class?

Special prize!

There will be a special prize for anybody who can persuade their whole family to take the Challenge! Good luck and we can't wait to hear how you got on!

We really hope you will enjoy taking the Digital Sunset Challenge and tell us how you got on at the end of it.

Anna Firth & Linden Kemkaran

Founders | Directors –
#DigitalSunsetChallenge



DIGITAL SUNSET LOG

Monday	Tuesday	Wednesday
Time off-line	Time off-line	Time off-line
Time went to bed	Time went to bed	Time went to bed
Amount of sleep	Amount of sleep	Amount of sleep
For the next two questions answer from 1 to 5, where 1 = bad and 5 = excellent :)		
How did you sleep?	How did you sleep?	How did you sleep?
How do you feel today?	How do you feel today?	How do you feel today?

During the Digital Challenge week write down every night what time you switched off any tech, what you did before you went to bed, how much sleep you got and how you felt the next day. **KEEP A VIDEO DIARY EACH DAY IF YOU PREFER!**

Wednesday	Thursday	Friday
	Time off-line	Time off-line
	Time went to bed	Time went to bed
	Amount of sleep	Amount of sleep
o?	How did you sleep?	How did you sleep?
oday?	How do you feel today?	How do you feel today?

C	B	N	U	L	M	X	I	Z	W	J	H	Z	L	A
H	H	K	M	M	I	N	C	H	O	S	K	Z	X	W
O	Z	A	U	R	T	D	M	R	F	F	L	I	T	I
K	C	X	L	E	V	D	H	D	S	X	D	L	I	P
S	H	Q	R	L	T	K	C	U	O	T	B	F	P	D
T	Q	N	S	R	E	I	P	A	D	E	U	A	N	N
F	E	S	W	U	S	N	O	P	L	V	O	O	Y	X
T	Y	Z	U	K	N	N	G	I	N	C	O	W	C	O
F	T	T	W	X	U	G	B	E	Y	T	W	R	O	X
K	P	R	E	M	S	O	G	P	L	I	K	H	M	Z
U	Y	J	B	F	M	L	A	T	I	G	I	D	P	Z
L	U	H	H	Y	A	J	R	X	V	P	K	U	U	K
P	O	T	E	M	Q	S	X	Z	Q	R	G	U	T	W
F	O	I	Y	B	Q	I	J	R	O	R	M	L	E	J
E	J	N	Z	F	B	R	I	Z	L	O	T	Q	R	B

- CHALLENGE
- COMPUTER
- DIGITAL
- INTERNET
- IPAD
- MOBILE
- SAFETY
- SUNSET



What app symbol is this?



Is it a good thing to turn your phone off at night?



Who invented minecraft?



How many people do you think played games online in the UK in 2017? 8.1 million, 16.2 million or 32.4 million?



When was the World Wide Web invented?



What was the most popular phone in 2017 – iPhone or Samsung?



THE GOOD SLEEP GUIDE

At your age you ideally need around 9 hours of uninterrupted sleep every night to stay healthy. Did you know that for humans, sleep is as important as food or water? We need sleep to survive. It's as simple as that.

When we are asleep, our bodies and brains do amazing things. Because our muscles are relaxed, the blood can flow into them properly. Our body tissue grows and repairs itself. Our energy levels are pushed right back up ready for a new day. And most important of all, vital hormones are released allowing us to grow and develop. Without lots of good quality sleep, none of this can happen.

When we sleep we dream, and when we dream, our brains can file away all the important facts, feelings and information that we've learnt that day. If we don't have the opportunity to let our brains have a good tidy up like this every night, our thoughts become tangled and we lose control of our emotions more easily.

So, how can we achieve a great night's sleep?

Your bedroom

- Think cool, dark and quiet.
- Tidy up your room – make it feel nice and welcoming. Put away clothes and hang up your school uniform so it's ready for the morning. Sort out your bookshelves or toys. Doing routine chores like this can help your brain wind down.
- Smooth your sheets and pillowcase and fluff up your duvet or covers, make your bed look inviting
- Fold your pyjamas so that they look and feel nice to put on
- Keep a drink of water by your bed in case you get thirsty in the night
- Ask your parents for a hot water bottle if you feel chilly; holding something warm and comforting can help us to drop off

In the hour before bedtime

- Watch TV with your family
- Do some simple baking or cooking
- Have a bubble bath
- Read a book or magazine or listen to music
- Play a game of cards or a board game
- Have a small warm milky drink
- Try some breathing exercises: sit or lie comfortably, close your eyes and breathe in for four counts through your nose, then out for four counts through your mouth. Repeat ten times (count on your fingers!)
- Write a journal or a plan for the next day.

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