



Well Being @ White Bridge



On Tuesday, it was Safer Internet Day and all of the children have been talking about how to keep themselves safe online.

All of the tips today are related to E-Safety. We have reminded the children that this is something that we need to think about all year round and not just on Safer Internet Day.

Children– remember to check with an adult before doing any of the tasks!



Healthy Mind



How often do you talk about what we do online?



Talk to each other about what you like/don't like on the internet or in games. What makes you happy or sad?



Healthy Heart



How can we connect with others online?



Send someone a message that you haven't spoken to for a while– catch up and ask how they are. It could be someone in your family, or a friend.



Healthy Body



How can we stay active when using technology?



Try and have a go on a game or activity that makes you move. Dance to an online video or look online to see if there are any new games you can play which get you moving.



E-Safety



Do you know how to report an image, website or comment online?



Look at, or find out, ways to report things that worry you on the apps or websites you use.



Something to talk about



Something to do