



## Reasons why you shouldn't Look At Screens For To Long

- Sometimes it changes the hormone called melatonin basically changes when you go to sleep.
- Looking at a screen for to long can give you computer vision syndrome the symptoms are dry eye, blurred vision and headaches.
- They don't get out much and burn calories so they grow some fat
- Bullying or other behaviour problems they grow angry and bully people in online activities.

## What You Can Do If Your Bored At Home

- You can call a friend if you want to go play football or soccer outside.
- Go out side for a run to a friends or something like that.
- You can play hide and seek with you brothers or sisters and friends.

