

PRESS RELEASE

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Building Better Habits: Turning Off Screens, Turning On Creativity

The Pre-Primary Wing of Delhi Public School, Mohali observed *No Screen Week*, an enriching initiative designed to cultivate healthy habits among young learners and promote mindful, responsible screen usage. The program aimed to raise awareness about excessive screen exposure while encouraging children to explore creative, hands-on, and socially engaging alternatives. To help students understand the **impact of screen time**, teachers presented an interactive role play illustrating how too much screen exposure can affect health, behaviour, and daily routines. This engaging activity enabled children to grasp the concept of balanced screen use in a simple, age-appropriate manner. Throughout the week, students—actively supported by their parents—maintained a daily log to record their screen usage. This practice inspired families to reflect on their digital habits and adopt a more conscious approach, strengthening the home-school partnership in nurturing healthy lifestyles.

Children participated enthusiastically in a wide variety of screen-free recreational activities, including reading, drawing, storytelling, outdoor games, music, and hands-on learning experiences. These activities not only sparked creativity but also boosted imagination, encouraged social interaction, and supported overall cognitive and emotional development. Parents appreciated the initiative for providing a meaningful opportunity to reconnect with their children through device-free moments, while teachers guided students with simple strategies to balance technology use with real-world experiences.

No Screen Week successfully encouraged children to remain mindful, active, and deeply engaged with the world around them—building lifelong habits that promote well-being, focus, empathy, and holistic growth.

