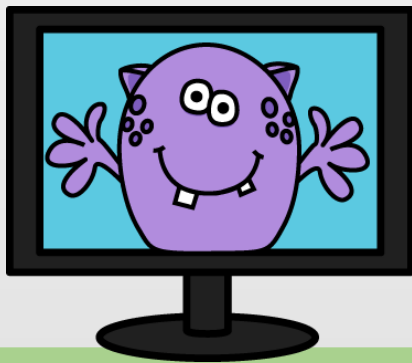




Scoil Aonghusa

# Glac Sos Digiteacha i Mí Dheireadh Fómhair

## Take up the Scoil Aonghusa Digital Detox Challenge



Coinnigh na fóin cliste agus na taibléid thíos staighre i rith na hoíche.

*Keep Smart Phones and Tablets downstairs during the night.*



Bí gníomhach. Ceistigh an bhfuil gníomh eile le déanamh agam?

*Replace screen time with activity. Ask yourself if there is some other activity I could or should be doing?*

Múch na scáileáin uair a chloig roimh dul a chodladh.

*Turn off screens one hour before bedtime.*



Bíodh caint agus comhrá ag am dinnéir.

*Keep mealtimes as family time.*

