



**CYBERSAFE
KIDS**

CyberBreak

A 24 hour family digital detox from
5pm Friday 21st October 2022



Family Fun Guide

This day is proudly
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How it works

We are delighted to announce the third annual CyberBreak from CyberSafeKids.



A 24-hour fun filled family break where you turn off your devices and put down your screens to spend quality offline time with all the family.

The break will take place on Friday 21st October from 5pm and runs until 5pm Saturday 22nd October 2022.

For families across Ireland who take a CyberBreak, you can use this family fun guide which is jam packed with activities to do during the break to help you plan your day.

CyberBreak is one great way to help you have a healthy screen time balance but there are lots of other tips and advice on how to be Cybersafe. You can download our top tips for Cyber Safety online at www.cybersafekids.ie

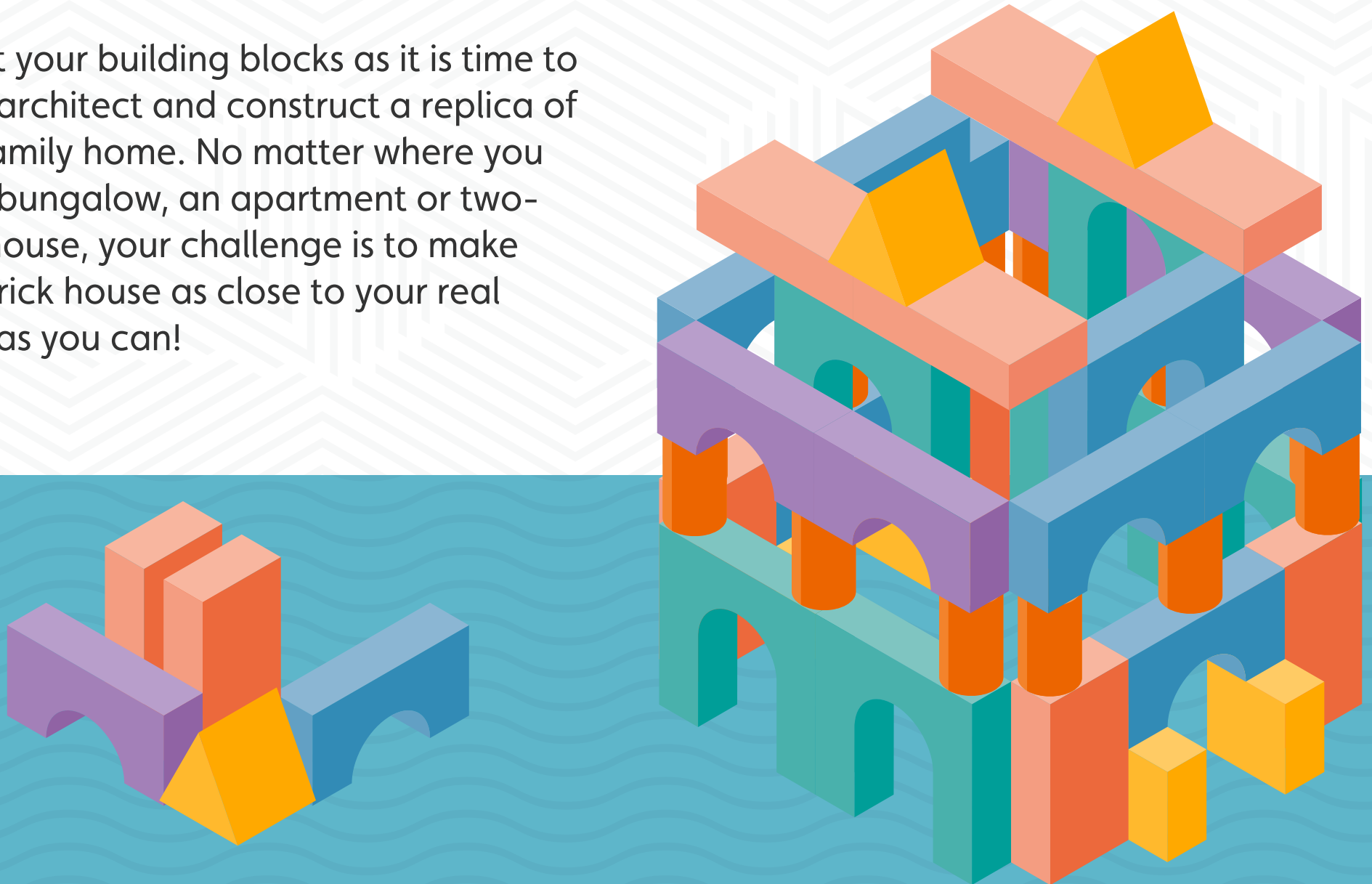
Create a family portrait out of cupcakes.

- 1 Choose your favourite cupcake recipe.
- 2 Bake and let the cupcakes cool.
- 3 Get decorating! You can use all your favourite treats to create your family portraits.



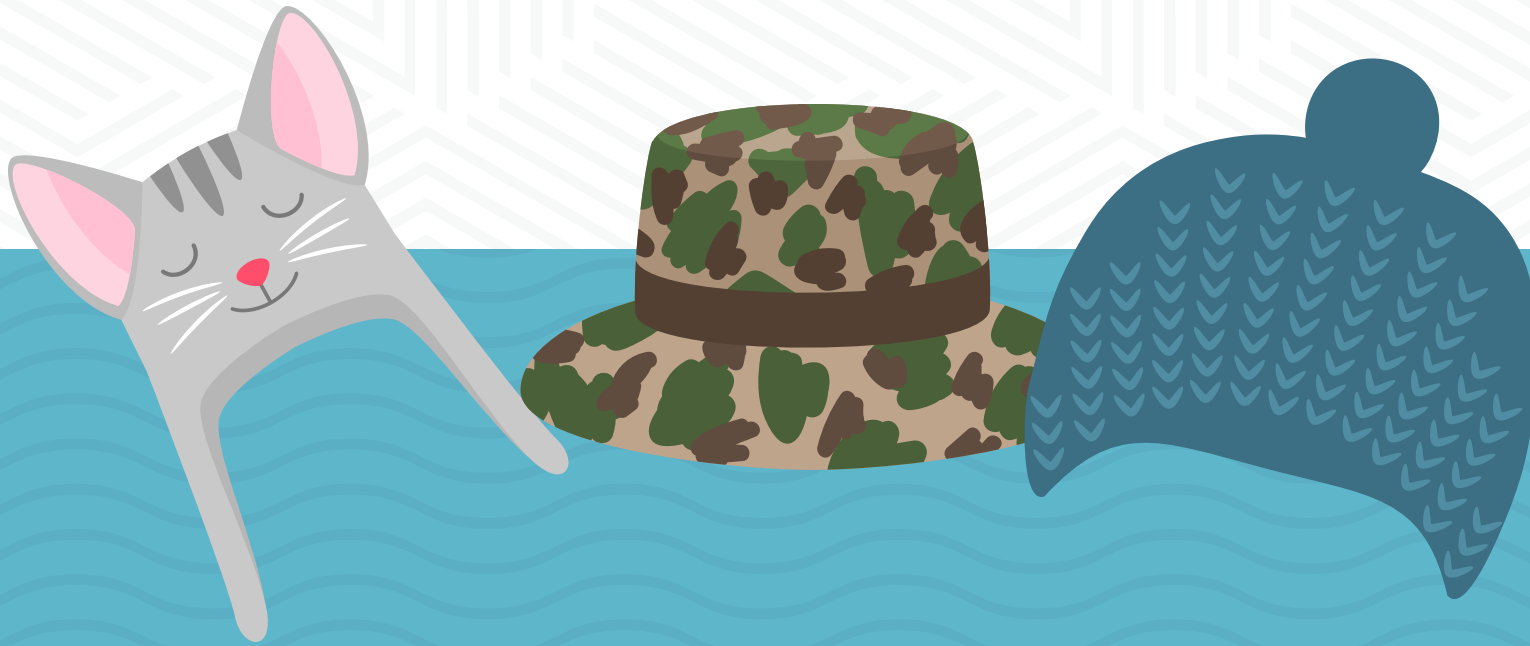
Architect your house!

Go get your building blocks as it is time to be an architect and construct a replica of your family home. No matter where you live, a bungalow, an apartment or two-story house, your challenge is to make your brick house as close to your real home as you can!



The hat game

One player, the Hat Master, hides a household object like an orange, a sock, a small toy, it could be anything, inside their hat. The other players have to guess what's in the hat based on the Hat Master acting out what it is. But the Hat Master can't speak! Winner gets to put the hat on next!



Make sure an adult helps you with all arts and crafts activities.

Look forward to Halloween!

Halloween is coming so now is the perfect time to get crafty.

You can try make your own costumes and decorations as well as practicing your face-painting!

Have you ever tried inventing your own Halloween themed board game?! What a cool idea...invent the next biggest game with some dice, game pieces and whatever you have around the house.



The marshmallow challenge

In 18 minutes, build the tallest free-standing structure out of 20 sticks of spaghetti, 1 yard of tape, 1 yard of string and 1 marshmallow.

The marshmallow must be at the top of the structure. (You can't tape it to any surface and your team can use as much or as little of the material given)



*Here are some fun games
you can play as a family*



What time is it Mr. Fox?

- Mr. Fox starts out at one end of the room with his back to the group.
- The group at the other and then yells out "What time is it Mr. Fox?"
- Mr. Fox then calls out a time that is on the even hour (1 o'clock – 12 o'clock).
- The group then takes that many steps forward.
- When the group gets to where the fox is, but not past him, and asks the time, the fox can yell "Midnight!" They then turn and chase the group.
- Those that fox catches are to sit out the next game.
- The last one left becomes the new Mr. Fox.



The floor is lava!

One person yells “The floor is lava!” and starts counting down from five. Everyone must be completely off the ground by zero. What you climb on is up to you, but if any part of you is on the ground, then you’re out.

Safety First

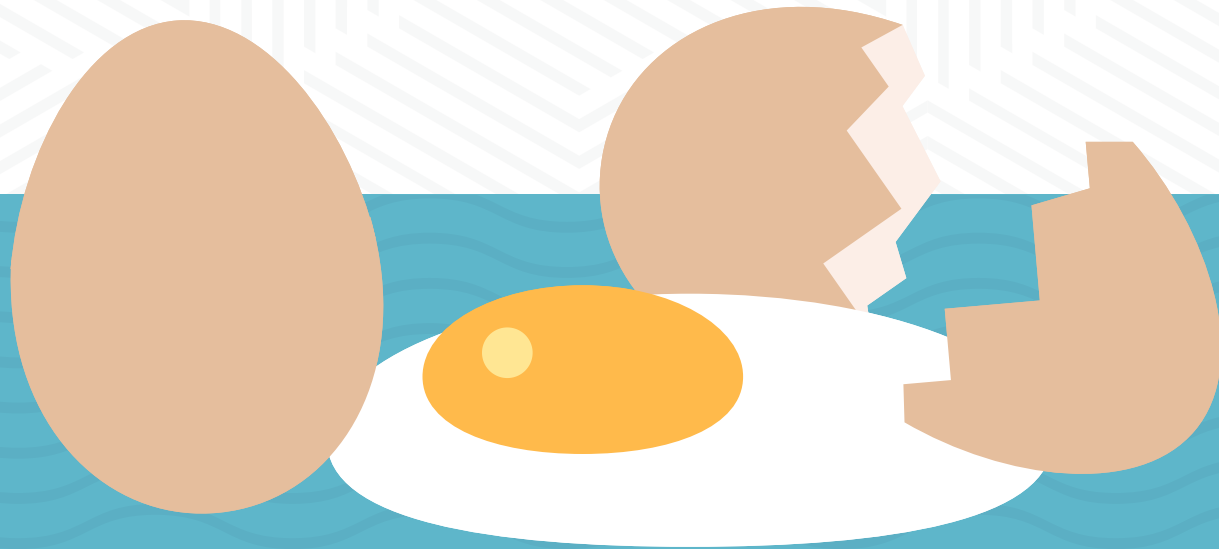
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Your own crazy golf!

- Using any household objects to create your own crazy golf course. You can make it harder by having different size balls and even some crazy ball options like eggs.
- You can use different clubs too, a hurl, a brush or a tennis racket – the crazier the better.

Egg drop challenge

Using materials in your house, such as tape, pencils, straws, plastic utensils, newspapers, rubber bands and anything you can find, design an egg drop contraption that gets your egg safely to the ground when dropped from the height of your kitchen table.

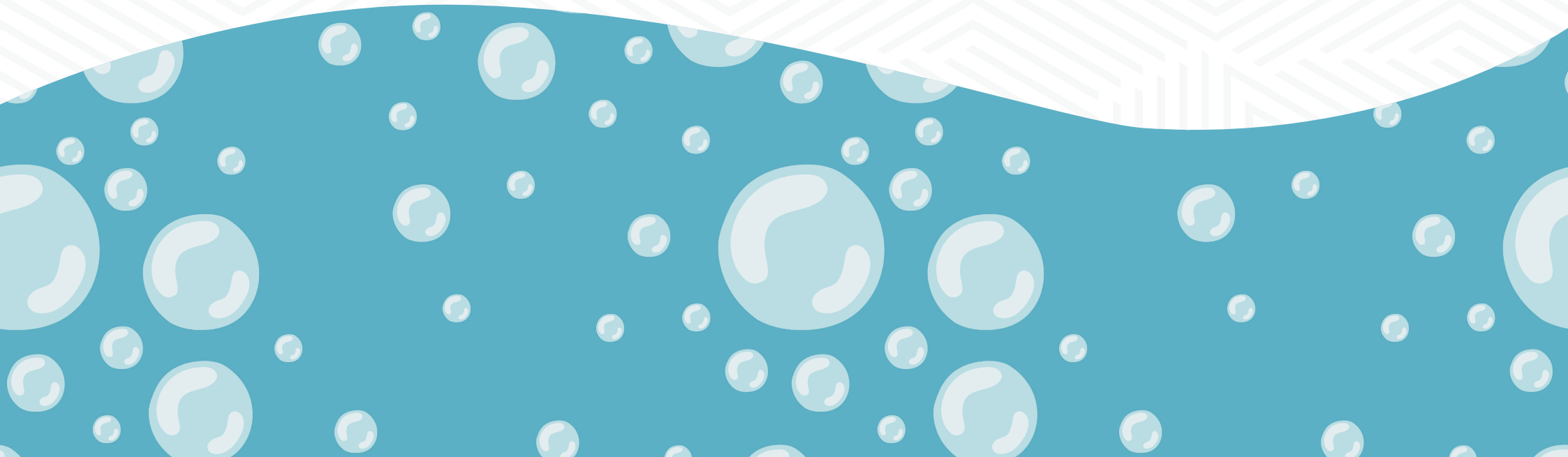


*Check out some great activities
for playing outdoors*



Make your own bubbles

- 1** Mix 1 part washing up liquid with 6 parts water in a basin.
- 2** Get two straws, sticks or chopsticks and knot a large circle hoop of string between the two.
- 3** Dip it into your bubble mix and swing into the air to create massive bubbles.
For smaller bubbles take a plastic bottle and cut the bottom off. Dip into the bubbles and blow into the open lid.



Family Olympics

Pick your favourite games and set up a score chart to track who is the ultimate family Olympian. Some great games include, egg & spoon race, best cartwheel, wheelbarrow race, long jump, three-legged race and throw the wellie, to name a few!



Concrete Picasso is super fun!

Just get your chalks and find a concrete canvas to create an artwork masterpiece. From rainbows and mountains to supercars and monsters, the options are limitless of what you can create!



Surprise picnic!

Everyone takes one surprise food item from the kitchen to the picnic. All will be revealed once you arrive at your destination. Take a cycle with your family in your local park or nearby nature spot. Get into gear and explore the outdoors on a family cycle.



*Wishing you all a
wonderful CyberBreak!
from the team at
CyberSafeKids*

www.cybersafekids.ie

