

Workshop :

Awareness of screen use





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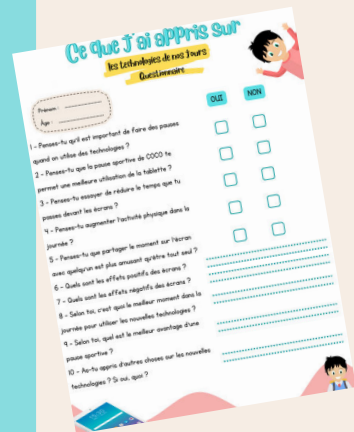
- Explanation of the workshop (10 minutes)
- Conversation about children's experience of new technologies (25 minutes)
- Benefits Knowledge Quiz
- and harms of screens (10 minutes)
- Use of the COCO THINKS and COCO MOVES app and its sports break every 15 minutes of screen time (20 minutes)
- End of workshop questionnaire to help the child understand the need to take breaks from screens (10 minutes)
- Feedback on the knowledge questionnaire and discussion (25 minutes)
- Graduation and booklet for families with tips and advice (10 minutes)



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Activities with COCO THINKS and COCO MOVES



Educational games

In Group :

Quizzle - to test your general knowledge



Brainstorming - to work on your proverbs



Calculus - to do a little mental arithmetic



The musical ear - to learn to recognize sounds



Hunting the intruder - to test your vocabulary



Together :

Calculus - to do a little mental arithmetic



The invasion of moles - to work on your reflexes



Binoculars - to work on your memory



The musical ear - to learn to recognize sounds



Sports games

- Dance with COCO - to show off your dancing skills
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- Spring - to heat the joints
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- Mime an animal - to have fun with animals
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- Mime an emotion - to learn to recognize your emotions
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- The apprentice yogi - to relax with yoga

