



ZEEKO COLOURING COMPETITION

Use any materials to colour the image below. Once completed upload your entry to Instagram, Facebook or Twitter by using the hashtag #zeekocolourcomp

* 1ST PRIZE €75 SMYTHS TOYS VOUCHER

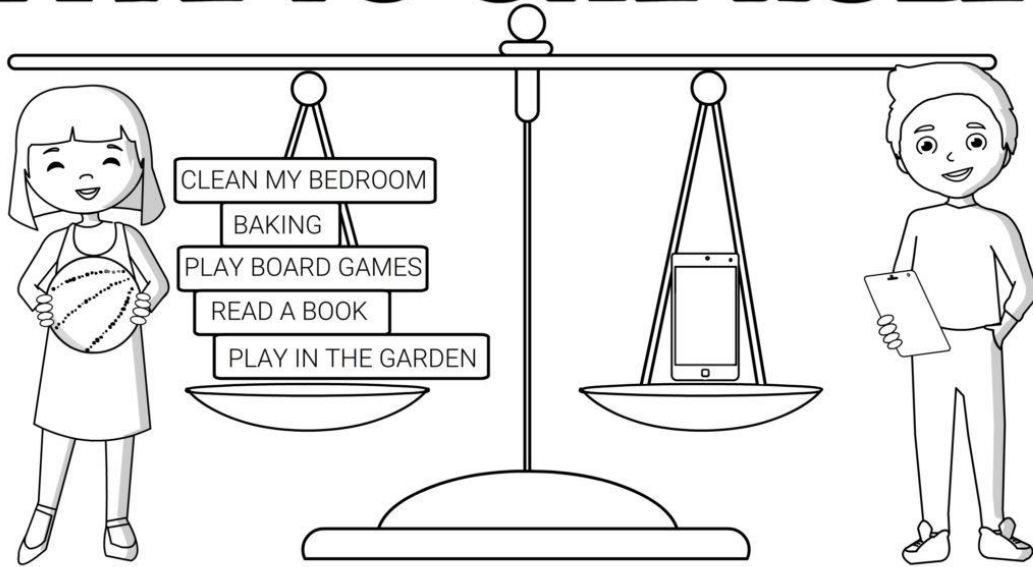
* 2ND PRIZE €50 SMYTHS TOYS VOUCHER

Winner will be chosen this Friday 3rd of April. GET COLOURING AND BEST OF LUCK :)

ZEEKO

CREATING A WORLD WHERE YOUNG PEOPLE CAN SAFETY BENEFIT FROM THE INTERNET AND TECHNOLOGY

FIVE TO ONE RULE



5 TO 1 RULE: Think about how you use your time! **Balance** your time offline and online. Zeeko recommends you spend 5 hours offline for every 1 hour online, 5 to 1 is to help you remember, it is not about the numbers it is about **balance**.

List 3 things you can do offline and online below. Then call/ video call your granny or grandad, aunts or uncles to teach them about the 5 TO 1 RULE and what you are doing offline and online

OFFLINE:

- Sort my toys
- Junk art
- Fold some clothes

1. _____
2. _____
3. _____

ONLINE:

- Maths games (www.scoilnet.ie)
- Drawing using drawing videos
- Just dance! (www.gonoodle.com)

1. _____
2. _____
3. _____



www.zeeko.ie



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