



دي بي اس - المدرسة الهندية الحديثة
DPS - MODERN INDIAN SCHOOL

Doha-Qatar

Celebrating 25 Years of Excellence in Education



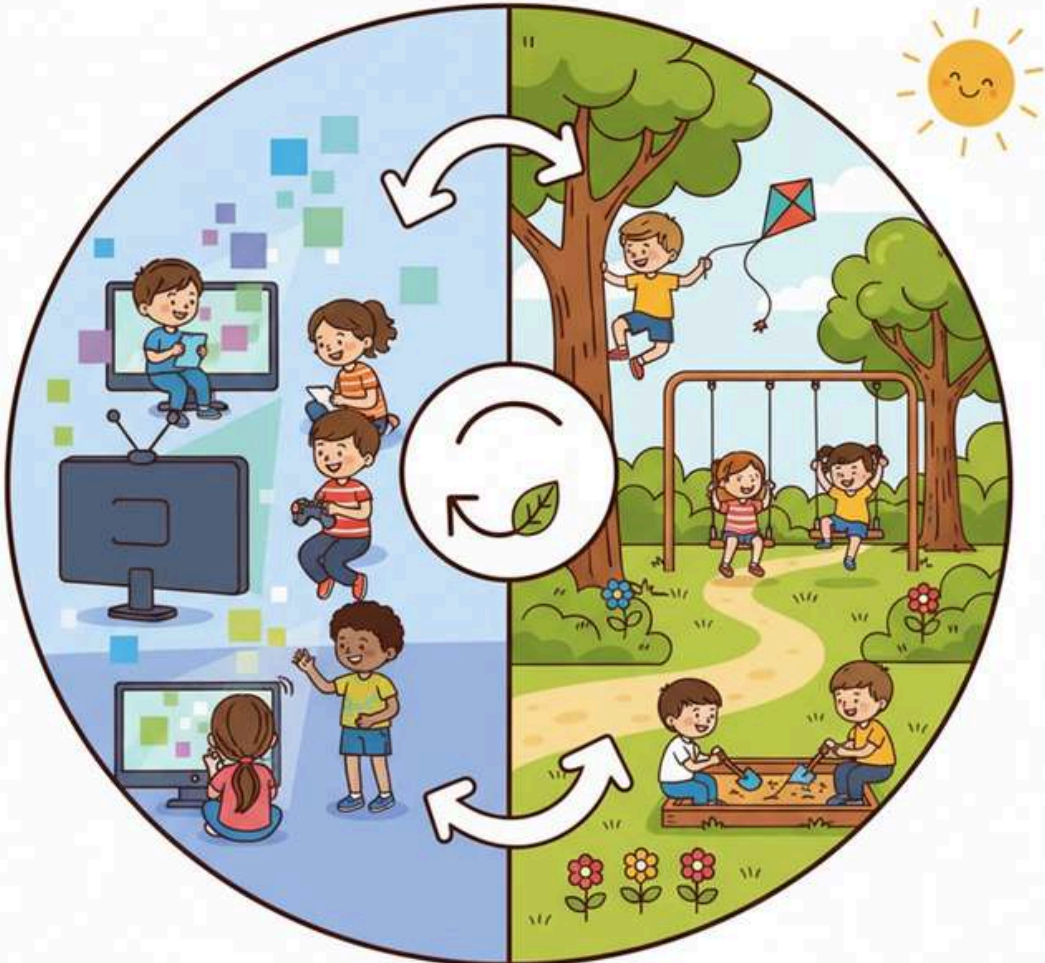
DPS Modern Indian School – Medical Team Newsletter November 2025 Edition

Theme: Screen Time vs. Green Time – Encouraging Outdoor Play

Screen Time vs. Green Time

Exploring the Impact of Technology and Nature on Children

SCREEN VS. GREEN



HEALTHY BALANCE FOR KIDS!

Children today are growing up in a world where screens are an integral part of life. From learning and entertainment to connecting with friends, digital devices are everywhere. While screens offer many opportunities, spending long hours in front of devices can influence sleep, attention, and physical activity.

Balancing screen experiences with green time—time spent outdoors in natural surroundings—provides children with experiences that support physical, mental, and social development.

☀️ Green Time and Its Benefits

Time in natural surroundings offers wide-ranging benefits:







- 🌳 **Physical Health:** Running, climbing, and playing outdoors strengthens muscles, bones, balance, and coordination.
- 😊 **Mental Well-being:** Exposure to nature is linked to reduced stress, improved mood, and enhanced focus.
- 🧒🧒 **Social Skills:** Group play outdoors fosters communication, teamwork, empathy, and leadership.
- 🌿 **Cognitive Development:** Unstructured play in nature encourages creativity, problem-solving, and decision-making.
- ☀️ **Sunlight Exposure:** Natural sunlight supports Vitamin D production, important for growth and immunity.
- 🌸 **Connection with Nature:** Children develop curiosity, environmental awareness, and respect for living things.

📺 Screen Time Facts

Some neutral observations about screen use among children:



-  Children aged 5–18 often spend up to 2 hours a day on recreational screen activities.
-  Screen exposure close to bedtime may affect sleep patterns and quality.
-  Families often experience screen-free moments, such as shared meals or walks, shaping daily routines.
-  Screen use can influence attention, visual processing, and memory, while also offering opportunities for learning and creativity.

The Bigger Picture



Childhood is shaped by a combination of experiences—digital and natural. Screens provide learning, entertainment, and social connection, while green time nurtures physical health, creativity, social interaction, and emotional well-being. Together, these experiences contribute to a balanced, enriching childhood.

☀ Did You Know?



- Children spending more time outdoors often have stronger immune systems and healthier growth.
- Nature exposure is linked to improved attention and reduced stress or anxiety.
- Even short periods of outdoor play, such as a 20-minute walk, can elevate mood and enhance focus.
- Children engaging in a mix of activities—screen-based learning, outdoor play, arts, and physical activity—tend to show greater overall development and resilience.

“Screens open windows to the world; nature opens doors to discovery.” 🌳

**Warm regards,
Medical Team
DPS Modern Indian School**