

**Be
Internet
Legends.**



Happy Be Internet Legends Day!

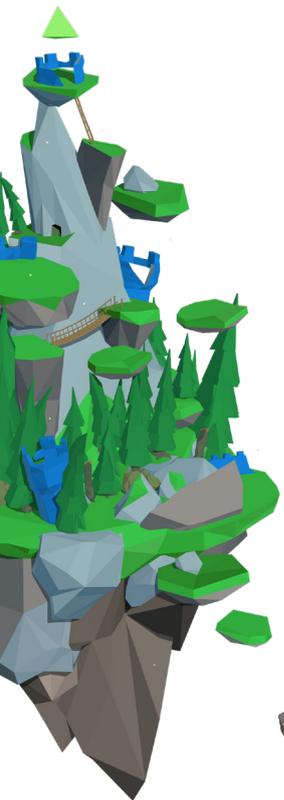
We hope you had as much fun as we did. It was great to talk about staying safer and being more confident online.

Now you're an Internet Legend, there's lots of ways you can carry on thinking about how being online makes you feel.

5 ideas to boost your wellbeing

Try these activities with a parent or family member, to refill your wellbeing cup.

- 1. Go outside and feel the day**
How does it feel? Is the sun shining on your face? Or are there puddles to jump into?
- 2. Sit down and have a chat**
Can you talk about your day and tell them something that made you laugh?
- 3. Play your favourite tunes and have a dance**
Could you make a family happy playlist together?
- 4. Share something you love online**
Can you show someone what you enjoy doing online, and tell them why?
- 5. Take 10 minutes just for you**
Close your eyes, breathe deeply and imagine being somewhere fun. A sunny beach? Watching your favourite team? A cool party? The choice is yours!



Dear Parent,

Your child took part in Be Internet Legends Day on Thursday 8 December 2022. Be Internet Legends by Google – in partnership with Parent Zone – helps children aged 7 to 11 to be safer, more confident explorers of the online world.

The day started with an exciting live assembly – to learn more key online safety skills – as well as focussing on digital wellbeing and how being online makes us feel.

You can watch the assembly at youtu.be/ca6d4qP5wL8

Digital wellbeing ideas for families

Have a chat about life online - families.google

Find questions, articles and ideas about family digital wellbeing on the Google Families website, designed to help you have great conversations about online safety.

Explore Interland - g.co/interland

If you're searching for a fun way to ensure that your child is practising crucial online safety habits at home, the Be Internet Legends Interland game will help. You can play Interland together on any internet browser and complete internet safety challenges to get to the next level.

Legends Family Adventure - parents.parentzone.org.uk/legendsfamilyadventure

If you're a lover of Aardman Animation films, this next activity will really appeal. The Legends Family Adventure series of short films helps your child learn important online safety skills.

Family Link - families.google/familylink

Google's Family Link is simple to use and quick to set up. It will help you find tools to help reinforce some of your boundaries, as well as set-up advice and ideas around screen use. It may be helpful for any new devices that could enter the home throughout the festive season.

We'd love to know what you get up to at home to boost your family's digital wellbeing. Let us know by using the hashtag **#BILDDay** and tagging in your school.

Best wishes,

Google and Parent Zone