

HAPPEN AT HOME SURVEY

Early results from 600 Children

PERCENTAGES REPORTED ARE BASED ON 600 CHILDREN IN WALES COMPLETING AT HOME. COMPARISON DATA ARE FROM 8000 CHILDREN COMPLETING IN SCHOOL IN 2019-2020.

PHYSICAL ACTIVITY & PLAY



CHILDREN ARE DOING MORE EXERCISE IN LOCKDOWN

58% report doing 1+ hours of exercise on 5 or more days compared to 37% before lockdown.

MORE CHILDREN FEEL SAFE PLAYING IN THEIR LOCAL AREA

84% felt safe playing in their local area compared to 76% before lockdown.

SLEEP

MORE CHILDREN GET THE RECOMMENDED AMOUNT OF SLEEP IN LOCKDOWN

83% of children had at least 9 ½ hours sleep a night, compared to 62% prior to lockdown.



SCREEN TIME

SCREEN TIME HAS INCREASED

54% watched TV/screens for 2 hours or more every day of the week, compared to 36% before lockdown.



WELLBEING

CHILDREN WORRY AS MUCH NOW AS THEY DID BEFORE LOCKDOWN

64% reported worrying a lot both before and after lockdown.

MORE CHILDREN ARE HAPPY WITH THEIR LIFE NOW

91% reported to be happy with their life. This was compared to 81% before lockdown.



DENTAL HEALTH

CHILDREN ARE NOT BRUSHING THEIR TEETH ENOUGH

62% reported brushing their teeth twice or more on the previous day, compared with 76% before lockdown.



To do the HAPPEN survey, visit www.happen-wales.co.uk

