

OUR SCREEN-FREE TIME PLAN



Put the screens down. Pick something fun. Spend time together.

Taking a break from screens gives our brains and bodies time to
move, relax, create, and connect.

1 WHEN WILL WE UNPLUG?



Our screen-free time will be:

Day(s): _____

From: _____ To: _____

Where will we put our devices?



WHY IT MATTERS

Less screen time can help us:

- ✓ Sleep better
- ✓ Feel less stressed
- ✓ Focus more
- ✓ Have stronger relationships
- ✓ Be more active and creative

2 WHAT CAN WE DO INSTEAD?

Choose a few activities you would enjoy together.



GET MOVING

- ☐ Take a walk
- ☐ Ride bikes
- ☐ Play outside
- ☐ Shoot hoops
- ☐ Dance to music
- ☐ Play with a pet



GET CREATIVE

- ☐ Draw or color
- ☐ Make a craft
- ☐ Build something
- ☐ Cook or bake together
- ☐ Write a story
- ☐ Work on a hobby



RELAX

- ☐ Read a book
- ☐ Listen to music
- ☐ Stretch
- ☐ Do a puzzle
- ☐ Sit outside
- ☐ Take a bath or shower



CONNECT

- ☐ Play a board game
- ☐ Play cards
- ☐ Talk about our day
- ☐ Go somewhere together
- ☐ Help make dinner
- ☐ Visit a friend or family member

3 OUR OWN IDEAS

Something I want to do: _____



Something we want to do together: _____



4 PICK TODAY'S ACTIVITY!

Today, instead of screens, we are going to: _____



AFTER OUR SCREEN-FREE TIME...

How did it feel?

- Great! Good Okay Not for me

Would we do it again?

- YES MAYBE NO



FAMILY CHALLENGE

Can your family complete

30 MINUTES

of screen-free time today?



Less screens. More moments. Stronger together.

