

Activity – Activity box

This activity is a great opportunity to enjoy quality family time away from screens.



Have each family member write down screen-free activity ideas on small slips of paper and place them in a box. When it's time to put the screens away, draw an activity at random and challenge yourselves to do it for at least 15 minutes!

Tip: Include a mix of activities to do together as a family and activities to do independently, so you'll have options for different situations and moods.





Help your child
develop healthy
digital habits
every day.