

SCREEN-FREE CHALLENGE

Imagine a time before tablets, smart phones and computers. It wasn't that long ago. iPhones were invented in 2007 and iPads in 2010. How did we spend our free time..?



TAKE THE CHALLENGE THIS SPRING

... YOU COULD BE INTERVIEWED BY THE PS29 POST ...

1

GRAB A PARTNER!

Challenges are better in numbers. Grab a friend, neighbor, sibling, or parent and meet the challenge together!

2

CHOOSE A TIME PERIOD

You can start small, but pick a time that's is not easy for you (it is a CHALLENGE, after all). If you can, work up to a full SCREEN-FREE DAY!

- Half Day
- Full Day
- Weekend Day
- Vacation Day
- Mealtime

3

REFLECT & REPORT BACK

What did you do instead of screen time?

Daydream, play games, card games, draw or paint, bake cookies, make slime or other science experiment, visit a favorite park or new museum, ride a ferry, exercise, help around the house.

What was different?

A change in your routine brings unexpected activities. Did you talk to people more? Spend time with family or neighbors?

How did you feel?

Changing habits can be hard. Did you feel bored, uncomfortable, anxious or did you feel more happy, relaxed and calm. **Did you have fun?**

4

KEEP IT GOING!

Make screen-free time a regular part of your monthly, weekly, or daily routine!



family

SCREEN-FREE CHALLENGE

NAME: _____

PARTNER(S): _____

Yes, I am willing to be interviewed by the PS29 Post.

TIME PERIOD

- Half Day
- Full Day
- Weekend Day
- Vacation Day
- Mealtime

REFLECT & REPORT BACK

What did you do instead of screen time?

What was different about your routine?

How did you feel? Will you keep it going?
