

# SCREEN-FREE WEEK

## DON'T PANIC!

HERE'S WHAT TO DO, AND WHY:

### HELP

#### OTHERS

The quickest way towards feeling a sense of *purpose & meaning* is through helping *others*. Help your child find small & big ways of contributing to others, whether it's smiling at a stranger or helping out at the animal shelter.

### MOVE

#### AROUND

A child's body needs to *move*. Create fun outdoor activities like playing sports while dressed up as a superhero, riding bikes with friends in the park, & friendly competitions that involve both physical movement & learning.

### CONNECT

#### DIRECTLY

Speak to each other, look at each other, show physical affection. This lowers the body's stress response & increases levels of the "love hormone" oxytocin, increasing the feelings of *safety & acceptance*.

### NOTICE

#### WHAT'S HERE

Play I-Spy with your child, regardless of their age. Encourage them to become *aware* of their surroundings, as well as their thoughts, feelings and sensations. Help them be more *mindful*!

### DISCOVER

#### STRENGTHS

Head over to the VIA Character Strengths website to take the survey, & then find fun & novel ways you and your child can use your *top 5 strengths* each day. If your child is <10, create a list for them yourself, based off of the VIA list of 24 strengths.

### READ

#### A LOT

Pick a few books out together & discuss them. Through these conversations *explore* how your child sees the world & their own place in it, & how they understand relationships. Approach these conversations with lots of *curiosity & no judgement*.

### LEARN

#### TECH-FREE

Take your kids to a museum, a live lecture or presentation, the zoo, a farm, a factory, a themed scavenger hunt, & any other place your imagination can think of where they can learn about the world *'from the source.'*

### BE BORED

#### IT'S OK!

Boredom allows the brain to process & store memories of the past, & use *imagination* and *creativity* to visualize & plan for the future. Most importantly for children, it teaches them *self-regulation*!

USE THESE TO HELP BREAK THE DAILY SCREEN-HABITS!