

# Tech-Free Family Challenge:

## 7 Days to Reset Your Screens (and Reconnect)

Try one challenge each day for a week. Keep score, swap stories, and celebrate small wins—together!

### Day 1: No-Phone Dinner

Everyone puts their phones in a basket (yes, grownups too!) and enjoys a screen-free meal together.

👉 Conversation prompt: “What was the best part of your day?”

### Day 2: Bedroom Ban

All devices stay out of bedrooms tonight—yes, even the chargers.

👉 Try reading, journaling, or quiet music instead.

### Day 3: Outside for 30

Get outdoors—bike, walk, play catch, or just sit and enjoy fresh air for 30 minutes.

👉 Bonus: no earbuds or screens allowed!

### Day 4: Create Without a Screen

Do something creative offline: draw, build, cook, write a story, or play music.

👉 Share your creations after dinner!

### Day 5: App-Free Hour

Pick one hour to go completely app-free—no games, no social, no distractions.

👉 Reflect: “How did that feel?”

### Day 6: Screen Swap

Instead of screen time, play a board game, do a puzzle, or bake something together.

👉 Make it a screen-free family night!

### Day 7: Family Photo Night (No Filters!)

Take goofy, unfiltered photos as a family—no Snap streaks or Insta edits.

👉 Print them and post on the fridge (not the feed 😊)

**Feeling brave?** Repeat the challenge for a second week and see how your habits shift!