



The Digital Wellness Coalition invites you to participate in Screen Free Week!



Screen Free Week is an annual invitation to play, explore, and rediscover the joys of life beyond ad-supported screens!

Visit the Medicine Hat Digital Wellness Coalition on their website at <https://digitalwellnesscoalition.weebly.com/>

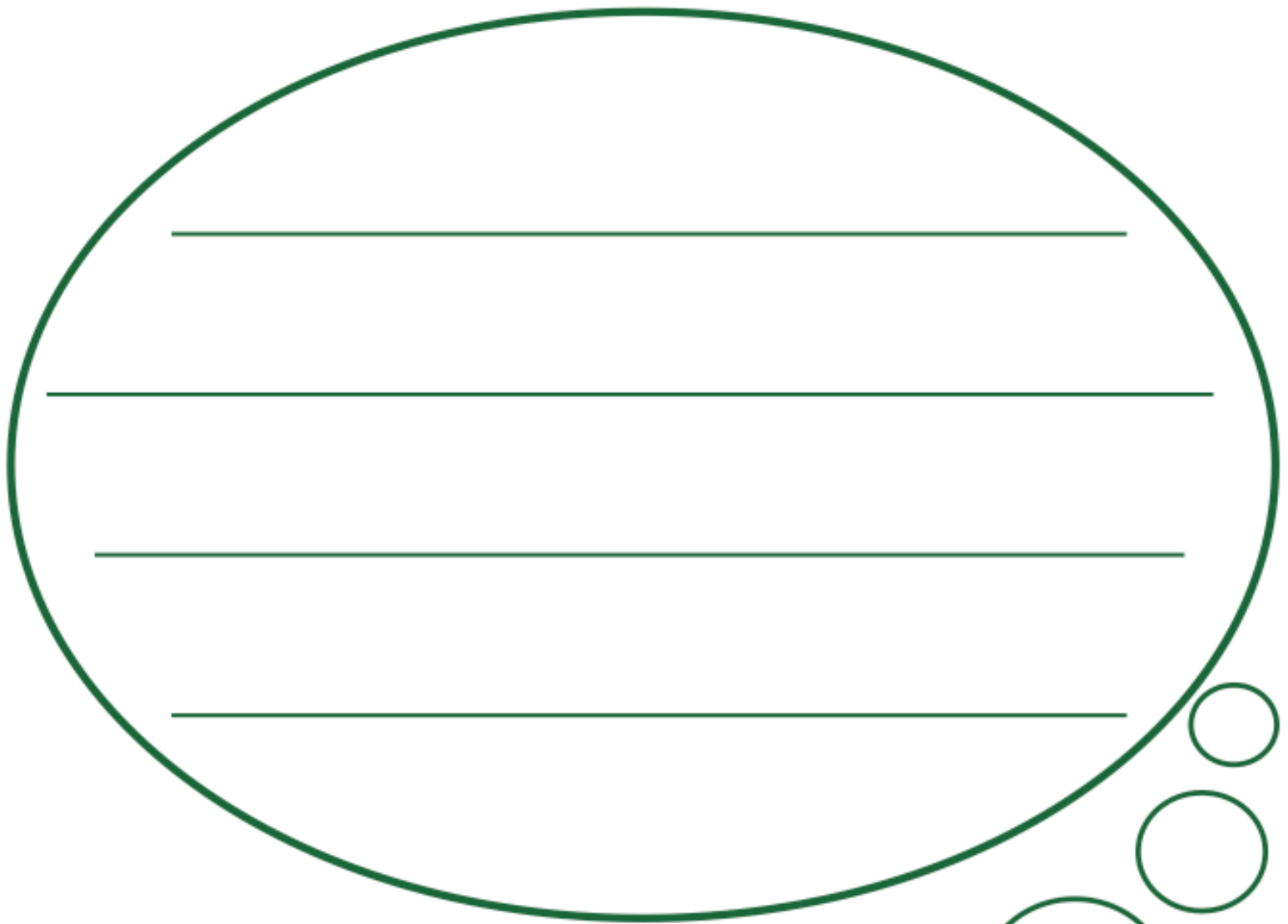
To learn more about Screen Free Week, visit <https://screenfree.org/>

# THE FAMILY GUIDE TO A GREAT SCREEN-FREE WEEK

- **Try to get everyone in your family on board for Screen-Free Week.** If adults are fully committed, children feel everyone is sharing the experience and is taking it seriously.
- **Decide what “screen-free” means for your family.** Does it include email and text messaging? Are you still going to Skype with family members in another state or country? There’s no “right” way to do this, but make sure that you’re all clear about what your commitment will be.
- **Make plans together for the week.** Start planning in early April (or sooner) so that by the time Screen-Free Week rolls around, everything is in place and ready to go. Make sure that everyone (who can) has a specific responsibility and an equal vote on key decisions.
- **Set a calendar of activities and events for the week.** One goal of Screen-Free Week is to allow kids unstructured time to generate their own screen-free play and activities. But, especially if this is your first time participating as a family, you’ll want to make sure that you are not left twiddling your thumbs. It’s most important to schedule some family activities in the early part of the week so that everyone can adjust to being screen-free. If you need some help thinking of ideas, check out our list of [101 Screen-Free Activities](#).
- **Reclaim the family meal as a time for talking together and/or sharing stories.** Plan your meals ahead of time and include the entire family (when possible) in the preparation and presentation of the meal. Get creative with napkin folding. Are you going to use candles one night to make that dinner special? Think of different ways to spice up the evening... maybe a discussion about a book everyone in the family has agreed to read?
- **Include friends, relatives, and neighbors in what you are doing, even if it’s for just one day or evening.** Get together with other families at a park, play organized games or just hang out!
- **At the end of the week, talk about how you feel, what all of you have accomplished, and what aspects of the week you would like to keep going.** Is it worth it to make one night a week screen-free, with meals together and a game following dinner? Would it be a good idea to get together with extended family or friends one day or evening a week and do something different? The key is to find out how everyone feels, and share the pluses and minuses—both to figure out how to make Screen-Free Week even better next year and to reduce your dependence on screens all year round.



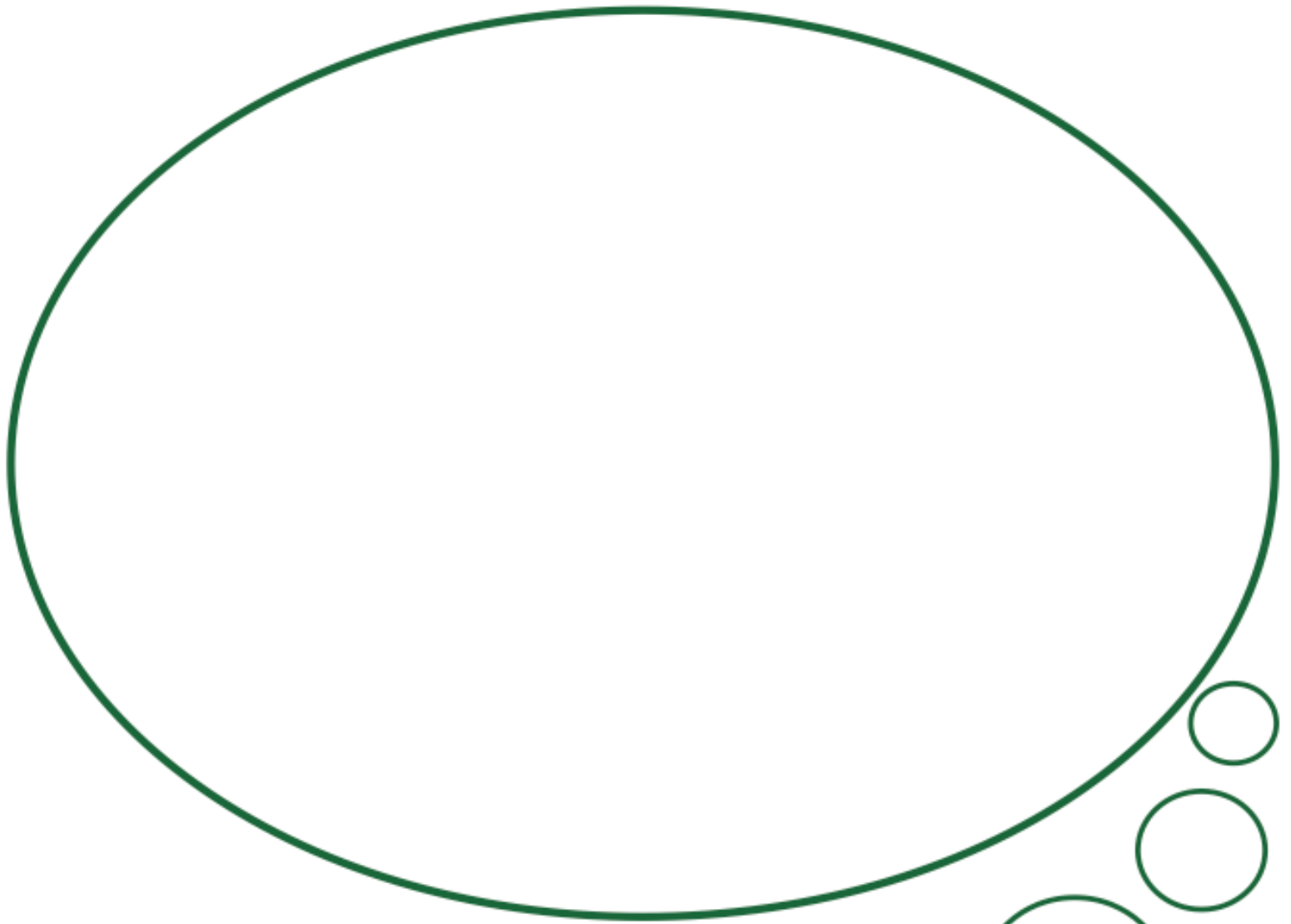
[www.screenfree.org](http://www.screenfree.org)



A large green oval with four horizontal lines inside, serving as a writing area.

**What will  
you do?**





**What will  
you do?**



# 2020 BINGO GAME

# screen-free week



<b>READ A BOOK</b>	<b>MAKE A CARD FOR A FRIEND OR FAMILY MEMBER</b>	<b>STRETCH</b>	<b>SPEND 4 HOURS OUTSIDE IN ONE DAY</b>	<b>LAUGH SO HARD YOUR BELLY HURTS</b>
<b>WRITE A LETTER</b>	<b>FIND A COOL ROCK, STICK OR SHELL</b>	<b>PLAY HIDE &amp; SEEK</b>	<b>TELL OR WRITE A STORY</b>	<b>PLAY A BOARD GAME</b>
<b>LAUGH SO HARD YOUR BELLY HURTS</b>	<b>CREATE AN OBSTACLE COURSE</b>	<b>FREE SPACE</b>	<b>TELL SOMEONE THAT YOU WENT SCREEN-FREE</b>	<b>PLAY PRETEND</b>
<b>BUILD SOMETHING TALLER THAN YOU</b>	<b>MAKE YOUR OWN GAME</b>	<b>TRY A NEW FOOD</b>	<b>HAVE A DANCE PARTY</b>	<b>DISCOVER A NEW PARK</b>
<b>VISIT YOUR FAVORITE OUTSIDE PLACE</b>	<b>COOK TOGETHER</b>	<b>FIND A BUG</b>	<b>LAY ON THE FLOOR OR GROUND</b>	<b>PAINT OR DRAW</b>

## RULES

Mark off each space as you do these activities during Screen-Free Week (May 4-10, 2020). Get "BINGO" when you complete 5 across, down, or diagonal! Need a challenge? Try to mark off the whole board!

LEARN MORE ABOUT SCREEN-FREE WEEK AND FIND ADDITIONAL RESOURCES AT  
[WWW.SCREENFREE.ORG](http://WWW.SCREENFREE.ORG)

# Things to Do... **Unplugged!**

[Tween – Teen]

When you're feeling bored and like there's nothing to do...

## ★ Build It! ★

Build or make something to **decorate your bedroom**. Get around to making those DIY projects you've been admiring online!



Look up **community groups or classes** at your school that can teach you how to make new things that you're interested in. Stores like Home Depot have free workshops for both kids and adults. Check out the activities available at the library too! You'd be surprised at what they have on offer.



**Bake** or make something to deliver to a neighbour's doorstep as a random act of kindness.

**Make something!** (Sew, craft, woodwork, weld, etc.) Don't have access to tools or machines? Talk to your friends - maybe their parents have some tools and would be interested in teaching you how use them safely!



Pull out those dominoes you've had hidden away in a closet or drawer and **build a tumbling domino maze!**



**Build a card tower.** How tall can you make it? Challenge your friends!

Find **random supplies** in your house such as string, boxes, jars, etc. and see what you can make out of them. Maybe you'll come up with some abstract art or a cool new invention!

# Things to Do... Unplugged!

[Tween – Teen]

When you're feeling bored and like there's nothing to do...

## ★ Get Creative! ★

**Paint!** Paint your garbage can to add a little extra flare to your room. Buy something cheap at a thrift shop and **upcycle** it into a **masterpiece!**

Experiment with art supplies you're not as comfortable with like pastels, clay, or water colours.



**Rearrange your bedroom!** It's amazing the difference a little **move and change** can make!



Buy some dollar store mugs and paint sharpies and **decorate your own mugs.** Bake them in the oven for an hour, and let them cool off. Keep them for yourself or give them away as gifts.



Any **musical instruments you wish you could play?** Now is the time to learn! If you don't have one, maybe a friend has one that they would like to teach you to play on. There are lots of tutorials on YouTube that can be helpful too.



- Start planning and making **homemade** Christmas and birthday **gifts** for your family and friends.
- **Make various cards** such as birthday, Christmas, get well soon, etc. to save for later.
- Cut out people, objects, clothing, hair styles, etc. from magazines and catalogs and glue them on paper to **create funny scenes.**
- **Write a poem;** if you play an instrument try putting music to it to **make a song.**
- **Tie Dye** T-Shirts, socks, headbands, pillow cases etc. Kits can be purchased in the craft section of stores.

# Things to Do... **Unplugged!**

[Tween – Teen]

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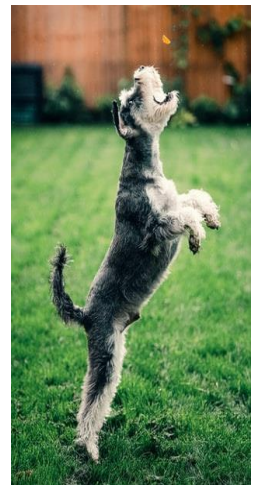
## ★ **Get Active + Get Fresh Air!** ★

Go **hiking** or **walking** and **take pictures** as you go.



Teach your pet a **new trick**, then **celebrate** with a **nice long walk**.

**Part 1**



Have a **water balloon fight!**



**Plan, prep, and go on a picnic** with your friends or family.



**Plant something.** Don't want to keep it for yourself? Give it to someone else as a gift!

**Learn to dance.** There are lots of tutorials online. If you need a partner, drag in your parents and siblings. Don't forget to get videos of your routines to laugh about later!



Do you have siblings? Make a **scavenger hunt** and see who can complete it first! **Challenge** your **parents** too!



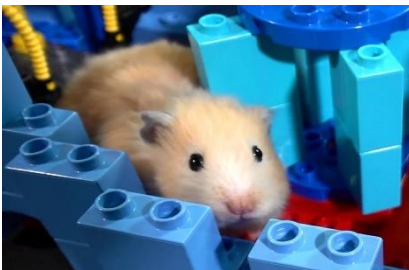
# Things to Do... Unplugged!

[Tween – Teen]

When you're feeling bored and like there's nothing to do...

## ★ Get Active + Get Fresh Air! ★

**Have a pet?** Build them an **obstacle course/maze**. For small pets like hamsters, toilet paper rolls, Lego, Kleenex boxes, and shoe boxes work great! Larger pet? Set up hula-hoops, bars to jump over, pool noodles... be creative! **Treats are a great incentive for all pets!**



Part 2



**Pick wild flowers** and make a **bouquet**. Keep it or give it away!



**Have siblings?** Build an **obstacle course** and time each other to see who can complete it the quickest! Try to **convince your parents to join too** and sneakily video tape them to watch and laugh about later.

**Explore your community**, then make a list of the **Top 10 Places to Explore** with photos that you've taken. Post these to your **social media** or better yet, **show them to your friends in person**.



# Things to Do... **Unplugged!**

[Tween – Teen]

When you're feeling bored and like there's nothing to do...

## ★ **Connect!** ★

**Write and mail an actual letter...**  
on paper... with a stamp!



**Plan your next** family or friend **get together**. Who do you want to see? What will you do together? Phone them up to invite them or plan... better yet, MAIL out invites!



### **Meet your neighbours:**

- **Spend time outdoors** and say hi when you see them.
- **Deliver something thoughtful** to their doorstep with a note.

### **Volunteer!**

- **Animal shelter**  
Take dogs for walks or cuddle with cats! Help with the day-to-day jobs to take care of animals
- **Pack hampers** at the **Food Bank**
- Is there another **local charity** that you're interested in supporting?



**Call a relative** who you love and haven't seen for a while on the phone. They probably won't be expecting you to call and you'll make their day!

**Take photos** of different parts of your community and make them into post-cards to mail to people who live far away.

# Things to Do... Unplugged!

[Tween – Teen]

When you're feeling bored and like there's nothing to do...

## ★ Chill Out! ★



Work on a puzzle.

Learn to play a new card game.



Read a good book.



Tired of all of your puzzles, board games, and books? **Start a swap group with your friends or neighbours.**

Put **activity ideas** on a piece of paper or on a Popsicle stick. Put them in a **jar**. When you're feeling "bored", you can pull one out and plan your day around it!



**Sort through** items in your bedroom, and bag up items you don't use anymore to **donate**.



Play a **board game** that you haven't played in a while or that you forgot about.

Get out your **yoga mat** and **stretch, meditate,** and practice **mindfulness**. Find some great meditations and yoga classes on YouTube. Get outside to practice your new skills in the sunshine!