

Family Guide



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childhood beyond brands



Celebrating Screen-Free Week at Home

Thank you for participating in this year's Screen-Free Week! You're amazing and we love you for stepping up to support this global celebration.

WHAT IS SCREEN-FREE WEEK?

Screen-Free Week is an annual, global celebration, held the first week in May, when families, libraries, schools, and even whole communities swap digital entertainment for the joys of life beyond the screen.

Screen-Free Week is a fun way to reduce dependence on digital entertainment, and a chance for kids and grownups to power down and reconnect with the world around them.

WHO AND WHERE?

Anyone can take part in Screen-Free Week by simply [pledging to participate](#) in whatever way makes sense to them.

The goal of Screen-Free Week isn't to totally turn off ALL screens forever. It's simply to encourage you and your family to try living without entertainment screens for as much of the week as you are comfortable and evaluate your long-term relationship with technology.

PLANNING YOUR WEEK

Planning your Screen-Free Week is easy! Start by making sure everyone in your family has filled out a [pledge card](#). (If someone can't write the pledge, invite them to draw it on our [downloadable handout](#)!) Then, hang your pledges somewhere where you can all easily see them.

Decide what "screen-free" means for your family. Does it include email and text messaging? Are you still going to Zoom with family members in another state or country? Make sure that you're all clear about the details.



DOWNLOAD SOME FREEBIES

Before Screen-Free Week begins, visit our multilingual resource library at www.screenfree.org/resources to download anything you might need to support your week, from lists of activity ideas, to Screen-Free Bingo cards, to infographics on why reducing screen time matters. We have you covered!

HOW TO CELEBRATE

- Make plans together for your 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 everyone, (who can) has a specific responsibility and an equal vote on key decisions.
- **Set a calendar of a few activities and events** for the week, especially if this is your first time participating as a family. Check out the [event map](#) on our website and see if any Screen-Free events are being hosted in your area.
- **Schedule some family activities in the early part of the week** so everyone can adjust to being screen-free. If you need some help thinking of ideas, check out our list of [101 Screen-Free Activities](#).
- Consider making a family trip to the library! Reading is a great screen-free activity, and our event is held in conjunction with **Children's Book Week**. Download our [100 Screen-Free Reading-Related Ideas](#) flyer for more info.
- Consider doing some "digital housekeeping" during this week of downtime to improve your family's overall digital wellness. For instance, set up a common overnight charging station for all family devices to get them out of bedrooms, check the security settings of your devices and update operating systems, or use the week to service, sell, or recycle old technology that is no longer in regular use in your home.



- Avoid the urge to schedule and coordinate family activities ALL WEEK. Allow kids unstructured time to generate their own screen-free play and rest. Give yourself some unstructured time, too!
- 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!
- Consider participating in Screen-Free Week as a neighborhood by organizing a block party, BBQ, or bike parade for the kids. Any of these would qualify as a Screen-Free event that can include on our [global map](#)!

WRAPPING UP YOUR WEEK

At the end of Screen-Free 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.

Feel free to download and fill out our [certificate of achievement](#)! You earned it!

SHARE YOUR STORY

Tell us how your Screen-Free Week went! [Download the form](#) to share a piece of art your family created together, a video message, a poem.... whatever works for you! We'd love your permission to share your story next year!

Most importantly, have fun!