

Alarming Alarms

Use lots of different alarm clocks, mobile phone sounds & loud egg timers to tell you when your pre-set time limit is up.

You can make it more fun by playing your favourite tune as the alarm and getting up to dance to it - all of you!

Family Competition

Who can use their screen the least each week? And can the winner get a prize?

You can get apps to track how much time you spend on a screen. Track everyone so you can see who used their screen the least - and the most!

Family Streaks

Which family member achieves their target every day, day after day - building up the longest streak?

The target could be a screen time limit, or a non-screen activity like exercise or reading a book!

Phonefree Times of Day

Agree times of day when you will all put down the phone - eg before breakfast, not until everyone is ready to go out, one hour before bed time or a random time such as between 5.12pm and 6.01pm.

Family Digital Strike

Pick a day and time to start. At that moment, everyone puts their phones down together in the same place. You are all going on digital strike. Who can be phone (and other internet connected devices) free the longest?

Phonefree Hours

Pick an hour in any day - can the whole family go phonefree for an hour?

Phonefree Days

Pick a day - as a one off or a weekly commitment - can the whole family go phonefree on this day?



Manage your screen time



All you can watch

Let everyone use their screen as much as they like. Your challenge is to do something so interesting that other members of the family voluntarily stop watching their screens and start joining in with you.

Match my Times

Can the kids match the grown ups in the house for screen time. The rule is that no child can watch a screen for longer than an adult - so the adult's screen time sets the bar - no pressure!

Temptation

Everyone can use their screen as much as they like - except for one family member. That person must do something so interesting the other family members are tempted away from their screens and start joining in.

What's new online?

Everyone can use their screen as much as they like - but everyone must find something new on it that they can share with everyone. It might be a new fact, website, funny video, news story ... but it must be new and everyone must share.

Conditions

Everyone can use a screen as much as they like - but grown ups put conditions in place eg after homework is done or your room is tidy.

On another day children put conditions in place eg stopping once dinner is ready or using while you're working

Sugar Rush

Encourage everyone to use their screen as much as they like. No limits, except for one condition; as parent/carer you can drop in on your children's activity at any time and join in. Any complaints or concerns about what's on the screen - the deal is off.