Our screen-free week

Plan one screen-free activity a day together. Tick it when it is done.

Day	Our activity	Done ✓
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Ideas: count spoons and plates, sort laundry by colour, a nature walk, draw a family picture, tell a story, play with clay, help in the kitchen (grown-ups handle the stove), read a book together.