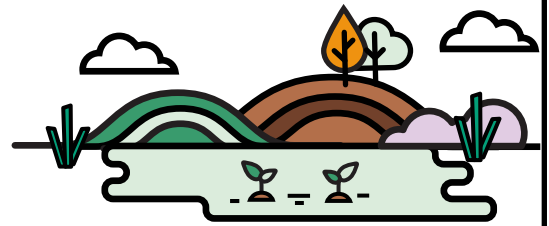


Pause and play!

Swap some screen time for offline fun every day. Start with this list of ideas. Can you add to it?

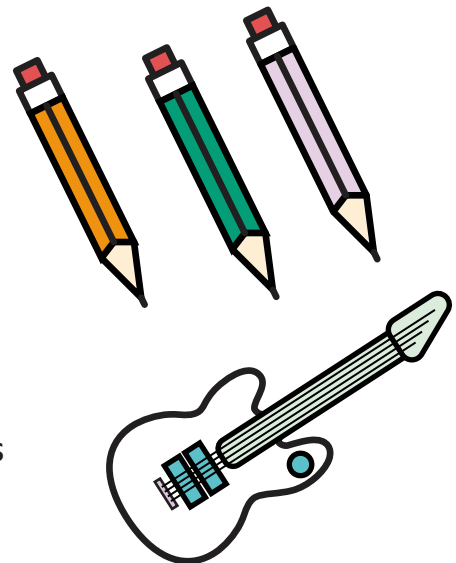
Be outdoors

Spend more time outside. You don't need a plan – just wander through your local area with family and let a plan find you!



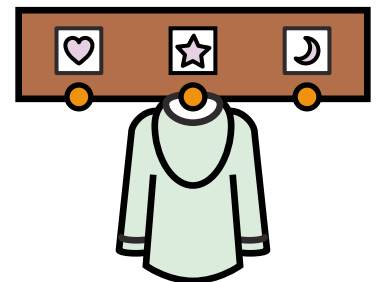
Escape into your imagination

You don't need digital devices to build new worlds. Read, write or draw instead. Create the story you've always wanted to read.



Get good at something

With one hour a day, a hobby can become a serious skill within weeks! Try to learn a new sport, magic trick, creative skill or musical instrument.



Hack your home

Why not upgrade your real world. Redesign your bedroom or make yourself a totally new place to hang out, in a garage, shed or garden.

Play games

Offline games can give you same buzz as digital games. Round up friends or family for a sports match, board game, strategy game or card game.



No-screens diary

See if you can spend at least one hour per day without using any electronic devices. Use this diary to describe what you did with your time.

Day 1

--

Day 2

--

Day 3

--

Day 4

--

Day 5

--