



# MEDIA MENTOR MONTH BINGO

Daily prompts designed to engage families in healthy dialogue about technology and media use



Use Seek or iNaturalist apps to identify bugs and plants on a nature walk with family

Send a digital thank you note to someone you care about.

If you could invent an app what would you create?

Share 3 things you are grateful for with technology.

Use a site like [Craiyon](#) to generate an AI image

Create a family playlist of music together.

Search online for a new recipe to cook together as a family.

Make a [stop motion video](#) together with your family.

Try an [Active Arcade](#) workout together!

Ask your child to teach you how to use their favorite app to make digital media/art.

Watch an episode of [Age of AI](#) together. What does this make you think or wonder?

Share a recommendation for a digital book or magazine with a family member



Use [Common Sense Media](#) to find a movie to watch as a family.

Use Google Earth to explore upcoming travel locations

Explore Apple [Screen Time](#) settings to understand your family's media usage

Google yourself & look at the results with your child. Talk about your [Digital Footprint](#) together.

What are your 3 favorite apps and why?

Make Music! Explore [Google Blob Opera](#) or [Incredibox](#) to create virtual beats. Replicate the music on your own too, screen-free!

Listen to a podcast with your family. Check out [Brains On](#)

Spend 30 screen-free minutes with your family.

Video call a friend or relative with your family.

Social Media Share: Show your child one of your accounts, why you use it, & why there are age limits on many apps. [Parent Resource](#)

Have a conversation with your family using only emojis.

Use an app like [All Trails](#) to select a family hike this weekend!