

A 7-DAY SCREEN-FREE

CONNECTION RESET

CHALLENGE FOR BUSY FAMILIES



Better
Screen**Time**

CONNECTION RESET

7 Days, 7 Ways to Disconnect and Reconnect

Welcome to Better Screen Time's Connection Reset!

1 Why reset?

Are you tired of seeing your kids being sucked into a screen? Do you find yourself endlessly scrolling and then wondering where your time went? Have glowing screens taken over family Scrabble night, the evening stroll around the neighborhood, or friendly banter at the dinner table?

It's time to hit the reset button!

This Connection Reset will give your family time to create, increased resiliency, better sleep, more physical activity, parents who are emotionally available for their kids (huge win!), siblings who are kinder and get along better, and in the end, more connection as a family.

Our screen-free challenge is more than a digital detox. It's an opportunity to connect with yourself, your values, and with those you love the most. This download will guide you through 7 days with 7 ways for your family to disconnect and reconnect.

2 What do you want from your reset?

We encourage you to ask yourself and your family two questions to get the most out of your reset: 1. "What do you wish you had more time for?" (Tiffany Shlain, author of [24/6: Giving up Screens One Day a Week to Get More Time, Creativity, and Connection](#)). 2. What do you want more of in your home and family life?



Ready to start your challenge?
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the link in your confirmation email!

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3 How do I get my family on board?

- **Share why you want to do a reset.** Remind your family that your screen-free week will be a time to have fun, rest, and make memories. How we frame the idea makes all the difference! As we brainstorm and dream with our family, we can help them see this as a week of possibilities, not punishment.
- **Make a plan together and pick a start date.** Use the included Connection Reset Planner to help you brainstorm ideas. We have assigned a theme to each day, but feel free to mix and match the days or come up with your own themes. Make the challenge work for your family! Pick your start date and put it on the calendar for everyone to see.
- **Decide on a reward together.** How will you celebrate when the challenge is done? Reward yourselves for giving your best effort to the challenge (perfection not required!).

4 How the challenge works:

- **Use this guide.** This PDF contains everything you need for a successful screen-free week, but if you'd like a little encouragement and accountability during the challenge, you can subscribe to our private podcast feed for a 7-day daily drip of inspiration along the way. The link is in the email we sent when you signed up!
- **Print the tracker.** Hang it somewhere your kids will see it. Kids can take turns coloring it in at the end of each day during the challenge.
- **Make expectations clear.** For many families, completely stepping away from technology is not possible due to work and other commitments. Don't let this deter you! Set certain hours and perimeters on your work hours, and decide what tech/uses (like social media) you can abandon for seven days. Be honest with yourself and commit to two things:
 - Going as screen-free as possible.
 - Spending quality time with your family.

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How the challenge works (continued):

- **Decide what to do with boredom ahead of time.** Decide what you will say when your kids say, “I’m bored” or “There’s nothing to do.” Win over the whining by telling your kids:
 - “Keep thinking! I know you’ll come up with something. You always do.”
 - “I’d love some help with _____ (folding laundry, washing dishes, etc.).” They’ll find something to do very soon!
 - “Do you want to invite a friend over?”
 - Let’s look at our list of activities.
 - “Let’s go do _____ together.”
- **Put away all optional technology:** Xbox, Nintendo Switch, tablets, extra phones, laptops, etc. If you want to get really crazy, you can even put your TV in the closet like we did 14 years ago! Whittle your tech down to the essentials. Unplug the big stuff, hide the small devices, and turn off the WiFi when the work day (or school day) is done!
- **Prep your environment.** What activities, tools, and resources are available to your family? How can you make the outdoors more accessible? Investing in some open-ended toys (legos, blocks, magna-tiles, play kitchen, etc), activities, games, and books go a long way! You can [check out our Amazon list HERE](#) for more ideas! (*As Amazon affiliates we earn from qualifying purchases.) Also, don’t underestimate the library. Many libraries lend out free kits, games, and passes to local museums. If you have teens in the house, let them plan something fun, add friends to your family activity (who are willing to be screen-free for a few hours), dish up some tasty food, and they’ll be set!

Are you ready?

Family connection is waiting for you on the other side! Every time our family steps away from tech, we walk away with a deeper connection to one another and a resolve to use tech differently moving forward.

Let’s disconnect to connect with our kids. Happy unplugging!

- Andrea & Tyler

CONNECTION RESET PLANNER

- 1 What do we want from our connection reset? What do we wish we had more time for as a family or personally?
- 2 What tech (devices and/or uses) will we discard for 7 days? What tech will remain and what are our boundaries with using it? (Consider where you use it, what you'll be doing on it, why it's being used, and how long it will be used.)
- 3 What are some activities we'd like to do during the 7-day challenge?
Use each day's theme for ideas: Day 1—Disconnect to Connect (family rituals), Day 2—Get Outside, Day 3—Laugh Together, Day 4—Serve Others, Day 5—Create Something, Day 6—Go Explore, Day 7—Rest and Recharge
- 4 What day will we start the challenge? Write the date on your family calendar!

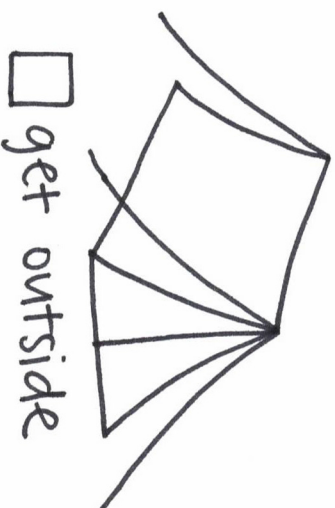


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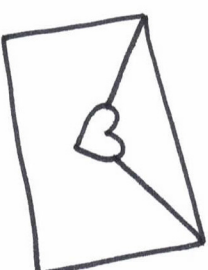
OUR SCREEN-FREE CHALLENGE TRACKER



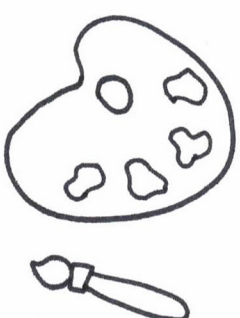
☐ disconnect
to connect



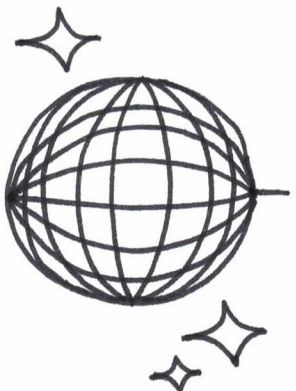
☐ get outside



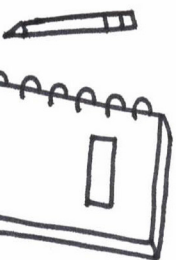
☐ serve others



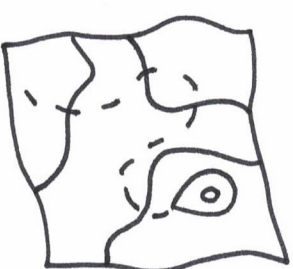
☐ create
something



☐ laugh
together



☐ rest and
recharge



☐ go explore



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