

your Bag of Tricks For Boredom

Want an easier way for your family to cut down on screens? The secret is knowing ahead of time what kids are going to do *instead* of screens. (Especially if they are used to hopping on a screen whenever they're bored.) **Having a plan for what your kids *can* do, instead of just telling them what they *can't* do, will make the transition to less screen time much smoother.**

For instance, if you've decided that noon-4pm on Saturdays is now a screen-free time for your family, **sit down with your kids ahead of time** and help them **brainstorm a list of all the fun things they can do** instead. *Tip for success: it works best if you make the list beforehand, and not when they're already bored and grumpy because they can't have a screen.*

Below is a printout you can use with your kids anytime they're about to do something they're not used to doing without a screen. **Have to get an hour or two of work done on the weekend and you need a way to keep the kids occupied? Want to get screens out of the car for around town car rides?** Help each child fill out their own ***My Bag Of Tricks*** printout, and perhaps fill out another one for things they can do together. *Planning ahead with **My Bag of Tricks** will help your family remember how many super fun, amazing things there are to do in real life. And once your kids get in the habit of reaching for something besides a screen, you won't even need this printout anymore!*

("Something My Adult Can Do To Help" is for things like "oil the roller skate wheels" or "buy sidewalk chalk" etc.)



My screen-Free Bag of Tricks

For: _____

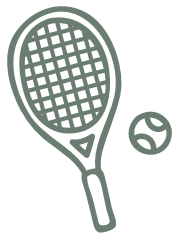


1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



something New to Try

1. _____
2. _____
3. _____



something My Adult can Do to Help



I Might Need A Bag of Tricks For:

- A day when no friends are available
- While parent is working
- Long car ride/short car ride
- Home sick
- Waiting room
- Restaurant
- Sibling's event/concert/sport etc.
- Feeling anxious/mad/sad
- Family time
- Play date
- Shopping trip
- Visits with extended family
- School break/summer vacation
- Any screen-free time in family tech plan
- _____
- _____
- _____