The Kreative Life

FAMILY Screen Time RESET PACK

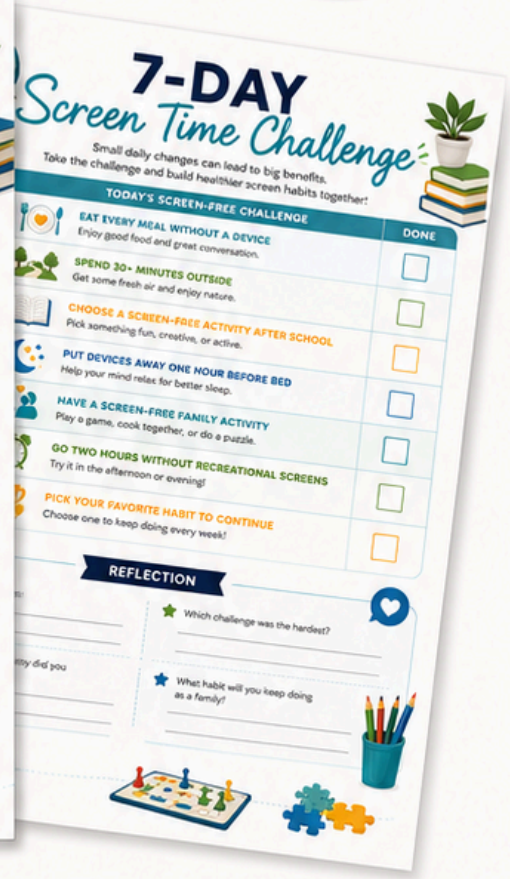
3 PAGES TO PLAN, EXPLORE & CHALLENGE TOGETHER!

Simple printables to help your family set boundaries, build healthy habits, and enjoy more real-life moments together.

LESS SCREEN. MORE CONNECTION. BETTER BALANCE.







SET HEALTHY BOUNDARIES

STRENGTHEN FAMILY CONNECTION

SUPPORT FOCUS, SLEEP & WELL-BEING

CREATE LASTING MEMORIES

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OUR FAMILY Screen Time Plan



Our plan helps our family find a healthy balance with screens so we can enjoy more time, focus, and connection together.

OUR SCREEN-FREE TIMES

- During meals _____
- Homework time _____
- Before bed _____
- Family time _____
- Other: _____

OUR SCREEN-FREE ZONES

- Bedrooms _____
- Dining table _____
- In the car _____
- Other: _____
- Other: _____

OUR RECREATIONAL SCREEN TIME LIMITS

WEEKDAY
(Recreational Screen Time)
Up to _____ per day

WEEKEND
(Recreational Screen Time)
Up to _____ per day

BEFORE SCREEN TIME, WE WILL:

- [ ] Finish homework _____
- [ ] Complete chores _____
- [ ] Read _____
- [ ] Get outside / be active _____
- [ ] Other: _____
- [ ] Other: _____

DEVICES GO AWAY AT: _____ **PM**

ONE SCREEN HABIT OUR FAMILY WANTS TO IMPROVE:
_____

ADULTS TOO! One screen habit I want to work on to set a good example:
_____















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CHOOSE SOMETHING ELSE!

Fun screen-free ideas to explore, create, and enjoy together.

GET MOVING

- Ride a bike
- Take a walk
- Shoot hoops
- Dance
- Play catch
- Create an obstacle course
- Go to the park
- Play a sport
- Have a family yoga session



GET CREATIVE

- Draw or paint
- Build something
- Make a craft
- Write a story
- Bake something
- Play with LEGO® or building blocks
- Make up a song or dance
- Try origami



RELAX

- Read a book
- Listen to music
- Do a puzzle
- Journal
- Color or doodle
- Sit outside and watch nature
- Practice deep breathing
- Listen to a podcast or audiobook



DO SOMETHING TOGETHER

- Play a board game
- Cook or bake together
- Take a family walk
- Play cards
- Have a conversation (no devices!)
- Work on a puzzle together
- Plan a fun outing
- Volunteer together



OUR IDEAS









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7-DAY Screen Time Challenge

Small daily changes can lead to big benefits.
Take the challenge and build healthier screen habits together!

DAY	TODAY'S SCREEN-FREE CHALLENGE	DONE
1	**EAT EVERY MEAL WITHOUT A DEVICE** Enjoy good food and great conversation.	☐
2	**SPEND 30+ MINUTES OUTSIDE** Get some fresh air and enjoy nature.	☐
3	**CHOOSE A SCREEN-FREE ACTIVITY AFTER SCHOOL** Pick something fun, creative, or active.	☐
4	**PUT DEVICES AWAY ONE HOUR BEFORE BED** Help your mind relax for better sleep.	☐
5	**HAVE A SCREEN-FREE FAMILY ACTIVITY** Play a game, cook together, or do a puzzle.	☐
6	**GO TWO HOURS WITHOUT RECREATIONAL SCREENS** Try it in the afternoon or evening!	☐
7	**PICK YOUR FAVORITE HABIT TO CONTINUE** Choose one to keep doing every week!	☐

REFLECTION

- Which challenge was easiest for you?
- Which challenge was the hardest?
- What screen-free activity did you enjoy the most?
- What habit will you keep doing as a family?

Every little step counts!
Keep going, keep growing, and enjoy more moments that matter.

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