Build Our Digital Day

TOPIC: Screen habits, digital wellness, family communication

AGE: About 6 to 14

SETTING: Primarily family

The question is not "Who uses screens too much?"

The question is "What do we want our day to have room for?"

1 Build Your Day

Everyone gets a set of activity cards. On your own, lay them out from wake-up to bedtime to show what a healthy weekday looks like to you.

2 Compare

Share your days side by side. What shows up on everyone's day? What is missing from someone's? Where do you disagree?

3 Sort Into Three Categories

PROTECT

Things we don't want technology regularly replacing.

ENJOY

Technology thatadds something useful or enjoyable.

PAUSE

Timesor places when screens are put away.

4 Make It Ours

Negotiate one final family version. Write it down, post it, and revisit it as children grow and routines change.

Bonus Question

Older kids

"Whatfeaturesmake it hard to stop?"

Talk about autoplay, notifications, and ads. The goal is to understand the design, not to make technology the villain.

Inspired by: American Academy of Pediatrics Council on Communications and Media. (2026, January 20). *How to make a family media plan*. HealthyChildren.org. https://www.healthychildren.org/English/family-life/Media/Pages/how-to-make-a-family-media-use-plan.aspx

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BUILD OUR DIGITAL DAY

Activity Cards

Print onesheet per personandcuton the dashed lines. Use the time line to note when or how long. Two blank cardsare for yourfamily'sown ideas.



Sleep

TIME _____



School

TIME _____



Homework

TIME _____



Gaming

TIME _____



Videos

TIME _____



Reading

TIME _____



Outside time

TIME _____



Family time

TIME _____



Friends

TIME _____



Meals

TIME _____



Creative time

TIME _____



Exercise

TIME _____



Chores

TIME _____



Phone / social time

TIME _____



Our own idea

_____

TIME _____



Our own idea

_____

TIME _____

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