

SUMMER SCREEN SURVIVAL GUIDE

A PRACTICAL GUIDE TO HELP
FAMILIES UNPLUG, RECONNECT, AND
SURVIVE LONG SUMMER DAYS!

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Bear Parents,

WELCOME TO THE LOOKUP SUMMER GUIDE!

SUMMER BRINGS SUNSHINE, LONGER DAYS... AND LET'S BE HONEST — A LOT OF EXTRA HOURS TO FILL.

IT'S NORMAL TO FEEL THE PULL TO HAND OVER A DEVICE JUST TO GET THROUGH THE DAY — ESPECIALLY WHEN YOU'RE JUGGLING WORK, HOUSEHOLD TASKS, AND KIDS WHO (VERY LOUDLY!) CLAIM, "I'M BORED!"

BUT HERE'S THE TRUTH:

MORE SCREENS MIGHT OFFER TEMPORARY RELIEF, BUT THEY OFTEN LEAD TO MORE STRESS, MORE MELTDOWNS, AND LESS MEANINGFUL SUMMER MEMORIES.

THIS GUIDE IS HERE TO HELP YOU MENTALLY PREPARE FOR THE CHALLENGE OF USING SCREENS MINIMALLY — AND INTENTIONALLY — THIS SUMMER.

IT WON'T ALWAYS BE EASY.

SOME DAYS WILL DRAG.

KIDS WILL WHINE.

YOU WILL BE BUSY AND EXHAUSTED.

AND STILL — SMALL CHOICES EVERY DAY TO PROTECT REAL LIFE OVER SCREEN LIFE WILL PAY OFF IN WAYS YOU'LL BE GRATEFUL FOR LATER.



Bear Parents,

WHY IT MATTERS

THE IMPACT OF SCREENS—AND WHY SUMMER IS THE IDEAL TIME TO RESET

KIDS TODAY ARE GROWING UP IN A WORLD SATURATED WITH SCREENS. AND WHILE TECH CAN HAVE ITS PLACE, TOO MUCH CAN LEAD TO:

- MOODINESS, MELTDOWNS, AND EMOTIONAL DYSREGULATION
- SLEEP DISRUPTION
- ISOLATION AND LONELINESS
- CONSTANT DOPAMINE-SEEKING BEHAVIOR
- INCREASED CONFLICT AND POWER STRUGGLES

SUMMER, WITH ITS LOOSER SCHEDULE, IS THE PERFECT TIME TO RESET.

THIS SEASON GIVES US A GOLDEN OPPORTUNITY TO PAUSE, RECONNECT, AND REBUILD BETTER HABITS.



HERE'S YOUR MISSION:

- TALK TO YOUR KIDS NOW ABOUT WHAT TO EXPECT:
 - SOME DAYS WILL FEEL BORING. SOME DAYS YOU'LL BE BUSY. THAT'S OKAY.
 - BOREDOM ISN'T A PROBLEM TO FIX WITH A SCREEN — IT'S A SPARK FOR CREATIVITY, RESILIENCE, AND REAL CONNECTION.
- SET THE TONE EARLY:
 - "THIS SUMMER, WE'RE GOING TO USE SCREENS WITH INTENTION, NOT AS A BOREDOM CRUSHER OR TIME FILLER.
 - WHEN WE'RE BORED, WE'LL FIND REAL WAYS TO MOVE, CREATE, OR CONNECT BEFORE REACHING FOR A DEVICE."



STAY STRONG:



WHINING WILL HAPPEN. REQUESTS FOR "JUST ONE MORE VIDEO" WILL HAPPEN. STAY GROUNDED IN YOUR BIGGER GOAL:

***RAISING KIDS WHO CAN HANDLE LIFE,
NOT JUST ESCAPE IT.***

YOU'RE NOT ALONE. YOU'RE DOING SOMETHING HARD — AND SOMETHING TRULY WORTH IT.

LET'S **LOOKUP** TOGETHER,

 *Look Up Team*



REMEMBER:
SUMMER IS A CHANCE TO BUILD MEMORIES, NOT SCREEN TIME. SCREENS AREN'T THE ENEMY — BUT THEY SHOULDN'T BE THE MAIN EVENT.
WITH SOME STRUCTURE AND INTENTION, YOU CAN PROTECT YOUR CHILD'S MENTAL HEALTH WHILE STILL ALLOWING FOR TECH FUN.

SUMMER SCREEN GOALS AND TASKS

1. SET A CLEAR SUMMER SCREEN SCHEDULE



CREATE TECH-FREE MORNINGS:

- START THE DAY WITH OUTDOOR PLAY, CREATIVE PROJECTS, READING, OR SIMPLE CHORES. NO SCREENS UNTIL THESE ARE DONE.

DESIGNATE A SCREEN TIME BLOCK:

- CHOOSE A CONSISTENT, LIMITED WINDOW FOR SCREENS — FOR EXAMPLE, 2:00–4:00 PM. LET KIDS KNOW WHEN IT STARTS AND ENDS.

KEEP EVENINGS SCREEN-FREE:

- ENCOURAGE FAMILY DINNERS, BOARD GAMES, BIKE RIDES, OR WINDING DOWN WITH A BOOK — NO SCREENS CLOSE TO BEDTIME!



2. PRIORITIZE REAL-WORLD ACTIVITIES FIRST

BEFORE SCREEN TIME IS ALLOWED EACH DAY, KIDS MUST COMPLETE AT LEAST ONE FROM EACH CATEGORY:

(CATEGORY EXAMPLES)



MOVE YOUR BODY BIKE RIDE, SWIMMING, DANCE PARTY, WALK



CREATE SOMETHING DRAWING, BAKING, BUILDING LEGOS, CRAFTING



LEARN SOMETHING READING, PUZZLES, NEW CARD GAME



CONNECT WITH SOMEONE PLAYDATE, FAMILY GAME, CALL A GRANDPARENT

SCREENS SHOULD BE A BONUS, NOT A DEFAULT.

SUMMER SCREEN GOALS AND TASKS



3. PRACTICE THE 5-MINUTE CHECK-IN

BEFORE HANDING OVER A SCREEN, ASK YOURSELF AND YOUR CHILD:

- ARE YOU USING THE SCREEN FOR A PURPOSE OR OUT OF BOREDOM?
- ARE YOU FEELING BORED, TIRED, STRESSED, OR UPSET?
- COULD A REAL-WORLD ACTIVITY MEET YOUR NEED FIRST?



4. SET HEALTHY TECH BOUNDARIES

- NO SCREENS DURING MEALS
- NO SCREENS ONE HOUR BEFORE BEDTIME
- CHARGE DEVICES OUTSIDE OF BEDROOMS OVERNIGHT
- USE SCREENS IN COMMON AREAS, NOT BEDROOMS

5. MODEL THE BALANCE



KIDS WATCH WHAT WE DO MORE THAN WHAT WE SAY.

NARRATE YOUR OWN CHOICES:

- "I'M PUTTING MY PHONE DOWN SO I CAN FOCUS ON THIS PROJECT."
- "I'M CHECKING MY TEXTS QUICKLY AND THEN JOINING YOU OUTSIDE."

THIS NORMALIZES MINDFUL, INTENTIONAL SCREEN HABITS.

TEACHING KIDS THIS SELF-AWARENESS EARLY BUILDS LIFELONG HEALTHY HABITS.

SUMMER FLEX DAY

FLEXIBLE SCREEN STRUCTURE INSTEAD OF STRICT SCHEDULES



DAILY FLEX RULES:

SCREENS ARE ALLOWED ONLY AFTER THESE BASICS ARE DONE:

- MORNING ROUTINE COMPLETE (BREAKFAST, DRESSED, TEETH BRUSHED)
- CHORES DONE
- _____ MINUTES OF OUTDOOR PLAY
- _____ MINUTES OF READING OR CREATIVE PLAY

TOTAL SCREEN TIME PER DAY:

_____ MINUTES/HOURS

*LOOKUP RECOMMENDS SETTING 1-2 BLOCKS OF TIME
INSTEAD OF ENDLESS ACCESS*



SCREEN-FREE TIMES (NO MATTER WHAT):

- MEAL TIMES
- FIRST HOUR AFTER WAKING UP
- ONE FULL EVENING PER WEEK
- AFTER _____ PM (FAMILY CUTOFF TIME)

SCREEN-FREE ZONES:



- BEDROOMS
- KITCHEN TABLE
- FAMILY TIME AREAS (LIVING ROOM AFTER DINNER)

SUMMER FLEX DAY

FLEXIBLE SCREEN STRUCTURE INSTEAD OF STRICT SCHEDULES

CHOOSE YOUR FLEX DAY FLOW:

FAMILIES CAN PICK 2-3 ACTIVITIES BEFORE SCREENS UNLOCK!

Outdoor Activity

Connection Activity

Creative Activity

Relaxing Activity

DON'T FORGET

OUR FAMILY FLEX REMINDER:

SCREENS ARE FOR LEARNING, CREATING, CONNECTING — NOT JUST ESCAPING BOREDOM.
WE ARE BUILDING A SUMMER FULL OF REAL MEMORIES — ONE UNPLUGGED MOMENT AT A TIME.

SCREEN UNLOCK CHECKLIST

BEFORE SCREENS ARE UNLOCKED, I NEED TO...

MORNING BASICS:

EAT BREAKFAST

GET DRESSED AND BRUSHED
TEETH

COMPLETE MY CHORES



OUTDOOR PLAY:

SPEND AT LEAST _____
MINUTES OUTSIDE
(BIKE RIDE, WALK, PLAYGROUND,
BACKYARD PLAY, ETC.)



CREATIVE TIME:

DO SOMETHING CREATIVE FOR
_____ MINUTES
(DRAWING, BUILDING, WRITING, BAKING,
CRAFTING, MUSIC, ETC.)



CONNECTION TIME:

TALK TO OR SPEND TIME WITH
SOMEONE I LOVE
(FAMILY CONVERSATION, PHONE CALL TO A
GRANDPARENT, HELPING A SIBLING, ETC.)

YAY!

Now I'm ready to use screens with purpose!

SUMMER BOREDOM EXPECTATIONS

WHAT TO DO WHEN YOU'RE BORED THIS SUMMER

STEP 1: MOVE, CREATE, OR CONNECT

MOVE YOUR BODY (BIKE, RUN, DANCE, STRETCH)

CREATE SOMETHING (ART, BUILDING, BAKING, MUSIC)

CONNECT WITH SOMEONE (TALK, HELP, WRITE A LETTER)

STEP 2: STILL BORED?

GREAT!

BOREDOM IS WHERE IMAGINATION BEGINS.

STAY UNPLUGGED A LITTLE LONGER — YOU'RE ABOUT
TO CREATE SOMETHING AMAZING.

STEP 3:

AFTER YOU'VE MOVED, CREATED, OR
CONNECTED — **THEN** TALK TO A PARENT
ABOUT SCREEN TIME.

**DON'T
FORGET**

REMINDER:

SCREENS ARE A TOOL, NOT A BOREDOM CURE.
LET'S MAKE REAL-LIFE MEMORIES THIS SUMMER!

BOREDOM BUSTERS

WHAT CAN I DO WHEN I'M BORED THIS SUMMER?
BRAINSTORM IDEAS IN EACH CATEGORY BELOW!



CREATIVE FUN

(EXAMPLES: DRAW, PAINT, BUILD A FORT, BAKE COOKIES,
INVENT A BOARD GAME.)



OUTDOOR ADVENTURES

(EXAMPLES: RIDE BIKES, SCAVENGER HUNT, SIDEWALK CHALK
ART, BACKYARD CAMPING.)



QUIET TIME ACTIVITIES



(EXAMPLES: READ, WRITE A STORY, JOURNAL, DO A PUZZLE,
BUILD WITH LEGOS.)



HELPING AND CONNECTING

(EXAMPLES: HELP COOK DINNER, WRITE A CARD TO A
GRANDPARENT, WALK THE DOG.)



REMINDER:

Boredom is just your brain asking for a new adventure.
Not every moment needs a screen.
Sometimes, the best memories start with, "I'm bored."

SCREEN REMINDERS

LOOKUP BEFORE YOU LOG ON

GENTLE REMINDERS FOR HEALTHY SCREEN USE:

- USE IT. DON'T LOSE YOURSELF IN IT.
- CHOOSE CONNECTION BEFORE DISTRACTION.
- YOUR WORTH ISN'T MEASURED BY LIKES, STREAKS, OR SCROLLS.
- LOOK UP. YOUR REAL LIFE IS HAPPENING RIGHT NOW.
- ONE SMALL CHOICE TO UNPLUG CAN CHANGE YOUR WHOLE DAY.

AFFIRMATIONS TO POST NEAR DEVICES:

- "I CONTROL MY DEVICE — IT DOESN'T CONTROL ME."
- "WHAT I NEED MOST IS OFFLINE."
- "I AM STRONGER THAN THE SCROLL."
- "LOOK UP — YOU MIGHT CATCH A MOMENT YOU'D MISS."

QUICK TIPS FOR STAYING CONSISTENT

- NARRATE YOUR SCREEN USE SO KIDS SEE TECH AS A TOOL
- POST EXPECTATIONS VISUALLY SO EVERYONE'S ON THE SAME PAGE
- DON'T FEAR BOREDOM—IT'S BRAIN FUEL
- PREP ALTERNATIVES FOR HARD MOMENTS
- **PAUSE AND BREATHE WHEN YOU WANT TO GIVE IN. THIS IS LONG-GAME PARENTING.**

SCREEN REMINDERS

LOOKUP BEFORE YOU LOG ON

🚫 SCREEN-FREE ZONE IDEAS

- KITCHEN TABLE (ALL MEALS = DEVICE-FREE)
- BEDROOMS (ESPECIALLY BEFORE BED)
- CAR RIDES (TRY CONVERSATION OR MUSIC)
- OUTDOOR PLAY AREAS
- BATHROOMS (DITCH THE SCROLL)

POST REMINDERS OR SIGNS IN THESE AREAS FOR REINFORCEMENT!

CONVERSATION SCRIPTS FOR COMMON TECH STRUGGLES

1. "BUT EVERYONE ELSE IS ALLOWED!"

YOU: "I GET IT. BUT EVERY FAMILY HAS DIFFERENT VALUES. WE'RE CHOOSING WHAT'S BEST FOR YOUR BRAIN AND HEART."

2. "I'M BORED!"

YOU: "THAT'S ACTUALLY A GREAT THING. IT MEANS YOUR BRAIN IS ABOUT TO COME UP WITH SOMETHING NEW. LET'S LOOK AT THE ACTIVITY LIST."

3. "SHE'S SO PRETTY. I'LL NEVER LOOK LIKE THAT."

YOU: "SOCIAL MEDIA DOESN'T SHOW THE FULL PICTURE. YOU ARE REAL AND WORTHY —NO FILTER NEEDED."

4. "I JUST WANT MY IPAD!"

YOU: "I KNOW IT'S HARD WHEN WE SHIFT ROUTINES. LET'S TRY SOMETHING OFF THE LIST FIRST, AND THEN TALK."

REFLECTIONS

KIDS

- MY FAVORITE NON-SCREEN MOMENT WAS:

- ONE THING I DID THIS WEEK THAT MADE ME FEEL PROUD:

- SOMETHING I WANT TO TRY WITHOUT SCREENS:

REFLECTIONS

PARENTS

- A SCREEN RULE THAT WORKED WELL THIS WEEK:

- A TOUGH MOMENT WE GOT THROUGH:

- WHAT I WANT TO IMPROVE NEXT WEEK:

SUMMER BUCKET LIST

LET'S MAKE SOME MEMORIES! FILL THIS OUT TOGETHER:

THIS SUMMER, WE WANT TO...

EXPLORE:

LEARN:

CREATE:

HOST:

WATCH THE SUNSET FROM:

LAUGH UNTIL WE:


GO A WHOLE DAY WITHOUT:

HELP SOMEONE BY:

Post it where everyone can see and
celebrate each completed item!



Dear Parents,




EVERY SMALL STEP YOU TAKE AWAY FROM SCREENS AND TOWARD CONNECTION IS PLANTING SEEDS IN YOUR CHILD'S HEART:

SEEDS OF CREATIVITY.


SEEDS OF PATIENCE.

SEEDS OF RESILIENCE.

SEEDS OF REAL, LASTING MEMORIES.



YOU ARE GIVING YOUR CHILD THE GIFT OF AN UNFORGETTABLE SUMMER—NOT BECAUSE OF A VACATION BUDGET, NOT BECAUSE OF PERFECTION, BUT BECAUSE YOU SHOWED UP WITH LOVE, LEADERSHIP, AND VISION.



SO WHEN THE DAYS FEEL LONG, AND IT WOULD BE EASIER TO GIVE IN, REMEMBER THIS:

YOU ARE NOT ALONE.

YOU ARE CHANGING YOUR FAMILY'S STORY.
AND YOU ARE DOING AN AMAZING JOB.

WE BELIEVE IN YOU.
AND WE'LL BE CHEERING YOU ON EVERY STEP OF THE WAY.

LET'S **LOOKUP** TOGETHER THIS SUMMER.
YOU'VE GOT THIS!



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BONUS!

Fun Ways to Fill Up Summer Days

SOMETIMES THE SECRET TO LESS SCREEN TIME ISN'T JUST "LESS SCREENS"—IT'S MORE LIFE! HERE ARE SOME SIMPLE IDEAS TO SPRINKLE INTO YOUR FAMILY'S SUMMER CALENDAR:

PLAN A FAMILY ADVENTURE:

- WEEKEND TRIP: FIND A NEW TOWN OR STATE PARK WITHIN A COUPLE OF HOURS' DRIVE. PLAN A LOW-PRESSURE GETAWAY!
- DAY TRIP: VISIT A NEARBY SMALL TOWN, NATURE RESERVE, HIKING TRAIL, OR LOCAL EVENT.
- NEW MUSEUM VISIT: EXPLORE A CHILDREN'S MUSEUM, HISTORY CENTER, OR QUIRKY ROADSIDE MUSEUM.

TRY SOMETHING NEW TOGETHER:

- PURCHASE THE FAMILY ADVENTURE BOOK -A SCRATCH-OFF ACTIVITY BOOK FOR FAMILY BONDING.

[HTTPS://WWW.THEADVENTURECHALLENGE.COM/COLLECTIONS/FAMILY-EDITION](https://www.theadventurechallenge.com/collections/family-edition)

- PHOTOGRAPHY CHALLENGE: EVERYONE GETS A TURN TAKING PICTURES OF "WHAT MAKES THEM SMILE" THAT DAY. VOTE FOR FAVORITES EACH WEEK!
- BEST CANNONBALL CONTEST: HEAD TO A POOL OR LAKE AND HAVE A FAMILY CANNONBALL CHALLENGE. JUDGE BASED ON SPLASH SIZE, STYLE, AND ORIGINALITY.

CREATE YOUR OWN FAMILY CHALLENGES:

- NATURE BINGO: MAKE A BINGO CARD OF THINGS TO FIND ON WALKS OR HIKES (BIRD, BUTTERFLY, BIG ROCK, FUNNY CLOUD, ETC.).
- COOKING COMPETITION: ASSIGN EACH FAMILY MEMBER A MEAL TO PLAN (WITH HELP!) FOR A FULL DAY OF FAMILY FOOD FUN.
- SUMMER ACTS OF KINDNESS: CREATE A LIST AND CHECK OFF KIND DEEDS AS A FAMILY (HELP A NEIGHBOR, SEND A THANK-YOU LETTER, PICK UP LITTER).

WEEKLY PLANNER

WEEK OF:

THIS WEEK

THIS WEEK'S GOAL:

Monday

Tuesday

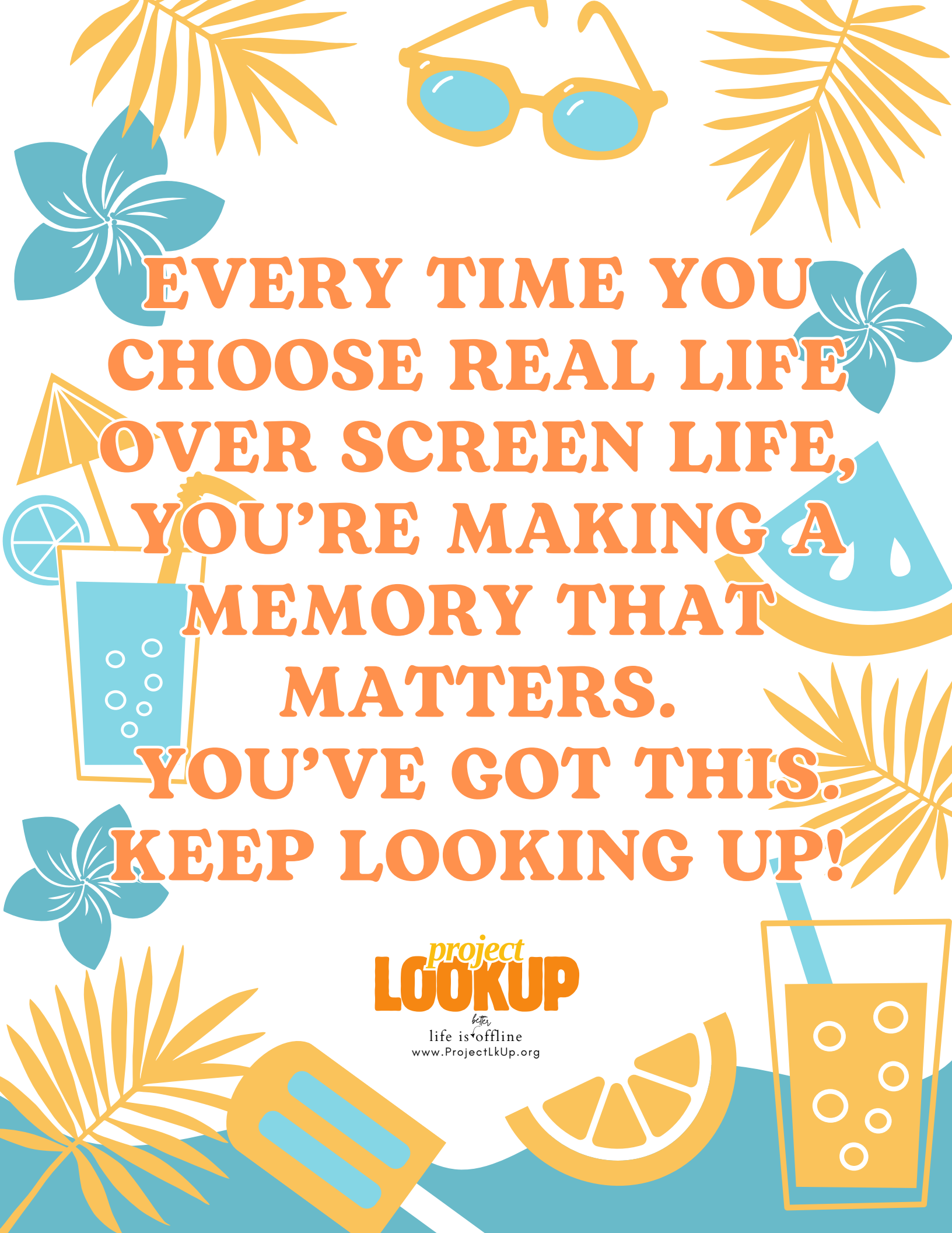
Wednesday

Thursday

Friday

REMINDERS ×





**EVERY TIME YOU
CHOOSE REAL LIFE
OVER SCREEN LIFE,
YOU'RE MAKING A
MEMORY THAT
MATTERS.
YOU'VE GOT THIS.
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