

Children's eyes shine brightest offline

31
DAYS

Check your screen time:

Before: hrs | After: hrs

Kids activity

Offline activities you can do together with your children.



Detox tip

Useful tips for avoiding your phone.



Creative tip

Activities you can do together that use media in a creative way.



DIGITAL DETOX CALENDER

<p>1 Detox tip </p> <p>Stay offline in the morning - spend the first hour after waking up without your mobile phone.</p> <p><input type="checkbox"/></p>	<p>2 Kids activity </p> <p>Organise a picnic on the living room floor.</p> <p><input type="checkbox"/></p>	<p>3 Detox tip </p> <p>Deactivate all push notifications.</p> <p><input type="checkbox"/></p>
<p>4 Creative tip </p> <p>Make a stop motion film together.</p> <p>App: <i>Stop Motion Studio</i></p> <p><input type="checkbox"/></p>	<p>5 Kids activity </p> <p>Build a cave together out of blankets and cushions.</p> <p><input type="checkbox"/></p>	<p>6 Detox tip </p> <p>Set up a mobile phone corner at home where you put it down when you get home.</p> <p><input type="checkbox"/></p>
<p>7 Creative tip </p> <p>Watch a crafting video together and try it out offline.</p> <p><input type="checkbox"/></p>	<p>8 Detox tip </p> <p>Switch off your smartphone for 2 hours today and spend time with your family.</p> <p><input type="checkbox"/></p>	<p>9 Kids activity </p> <p>Create a picture together - whether it's painting, or crafting - however you like!</p> <p><input type="checkbox"/></p>
<p>10 Detox tip </p> <p>Set one day a week on which you only use your smartphone minimally.</p> <p><input type="checkbox"/></p>	<p>11 Creative tip </p> <p>Do some sport together.</p> <p>App: <i>Kindersport zuhause</i> (can also be used in English)</p> <p><input type="checkbox"/></p>	<p>12 Kids activity </p> <p>Create simple musical instruments (e.g. rattles made from rice and tins).</p> <p><input type="checkbox"/></p>
<p>13 Detox tip </p> <p>Deactivate all social media apps for a day.</p> <p><input type="checkbox"/></p>	<p>14 Kids activity </p> <p>Read picture books together.</p> <p><input type="checkbox"/></p>	<p>15 Creative tip </p> <p>Print out Lego building templates and build them together.</p> <p><input type="checkbox"/></p>
<p>16 Detox tip </p> <p>Increase your smartphone-free time by 10 minutes a day.</p> <p><input type="checkbox"/></p>	<p>17 Kids activity </p> <p>Bake or cook together as a family.</p> <p><input type="checkbox"/></p>	<p>18 Detox tip </p> <p>Timer for apps: Only use apps within set times.</p> <p><input type="checkbox"/></p>
<p>19 Creative tip </p> <p>Explore nature together.</p> <p>App: <i>Flora Inkognita</i></p> <p><input type="checkbox"/></p>	<p>20 Detox tip </p> <p>Develop an evening routine in which you don't use your mobile phone.</p> <p><input type="checkbox"/></p>	<p>21 Kids activity </p> <p>Do puzzles together.</p> <p><input type="checkbox"/></p>
<p>22 Creative tip </p> <p>Create beautiful memories together and have a family photo shooting.</p> <p><input type="checkbox"/></p>	<p>23 Detox tip </p> <p>Delete unused apps and files from your mobile phone.</p> <p><input type="checkbox"/></p>	<p>24 Creative tip </p> <p>Create your own works of art.</p> <p>App: <i>Kinderspiele: Malen für Kinder</i> (can also be used in English)</p> <p><input type="checkbox"/></p>
<p>25 Detox tip </p> <p>Take an hour just for yourself, without your mobile phone.</p> <p><input type="checkbox"/></p>	<p>26 Kids activity </p> <p>Make simple paper aeroplanes together and let them fly.</p> <p><input type="checkbox"/></p>	<p>27 Detox tip </p> <p>Limit smartphone use to certain hours of the day.</p> <p><input type="checkbox"/></p>
<p>28 Creative tip </p> <p>Go on a photo safari through your house and garden - look at the pictures together and talk about them.</p> <p><input type="checkbox"/></p>	<p>29 Detox tip </p> <p>Leave your mobile phone at home when you do the shopping or anything else.</p> <p><input type="checkbox"/></p>	<p>30 Kids activity </p> <p>Play a simple board or card game.</p> <p><input type="checkbox"/></p>
<p>31 Detox tip </p> <p>Think about the last 30 days and take our self-test. Plan how you can maintain your new habits.</p> <p><input type="checkbox"/></p>		



For further information!

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