



The Flake Family Fun Media Plan

We will help balance tech with online and offline activities by:



- ☑ Planning a screen-free activity to do together as a family every day.
- ☑ Tracking online activities and talking about which activities may be taking up too much time.



- ☑ Making a habit of turning off media that's not being used by anyone.
- ☑ Participating in other activities available in our community.



- ☑ Having fewer apps on our devices.
- ☑ Setting lock-screen reminders.



- ☑ Making sure screen time doesn't interfere with physical activity and healthy eating.
- ☑ Realizing when we turn to media to dull our own emotions, and finding healthier ways to cope.