

Our family's digital wellbeing plan

We pledge to find a balance with technology that works for us:

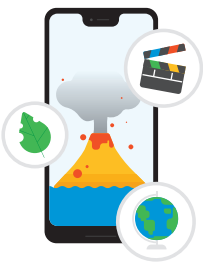
Our device-free rooms and times



Where:
Where:
Where:
Where:
Where:

When:
When:
When:
When:
When:

New things we learned through technology



1.
2.
3.
4.
5.

6.
7.
8.
9.
10.

Positive things we can do on social media



1.
2.
3.
4.
5.

6.
7.
8.
9.
10.

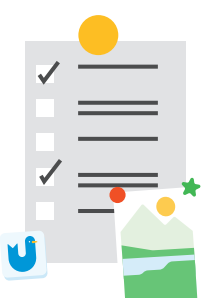
Our favorite games to play together



Digital:
Digital:
Digital:
Digital:
Digital:

Non-digital:
Non-digital:
Non-digital:
Non-digital:
Non-digital:

Offline activities we enjoy as a family



1.
2.
3.
4.
5.

6.
7.
8.
9.
10.