

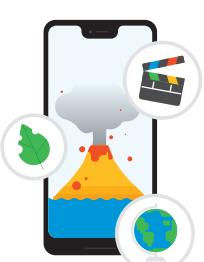
Our family's digital wellbeing plan

Our device-free rooms and times



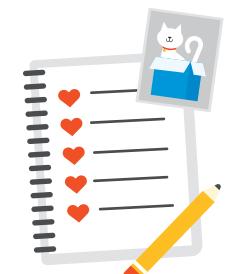
Where:	When:

New things we learned through technology



1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Positive things we can do on social media



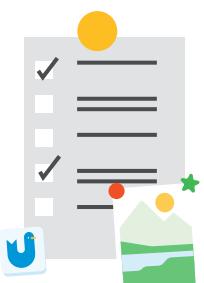
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Our favorite games to play together



Digital:	Non-digital:

Offline activities we enjoy as a family



1.	6.
2.	7.
3.	8.
4.	9.
5.	10.