

Digital Wellbeing Summer Challenge



Join the Family Online Safety Institute for our Wellbeing Summer Challenge!

This summer, we're excited to invite you on a **four-week adventure** filled with a mix of engaging analogue and digital activities.

Our **Wellbeing Summer Challenge** offers 28 days of activities ranging from arts and outdoor exploration to exciting tech projects and virtual games – there's something for everyone.

We are hopeful that you will create some unforgettable memories, strengthen family bonds, and learn a thing or two about digital wellbeing and wellbeing in general. **Let's get started!**



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Digital Wellbeing Summer Challenge

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Week 1 – Wellbeing and Mindfulness

Summer months are a great moment to recharge and reset and what better way to do that but to increase your wellbeing and mindfulness? Focusing inwards, defining priorities, being more intentional, and just breathing more purposefully, can all challenge us to be our best selves. Increase your mental resilience by starting off the summer challenge with a focus on wellbeing and mindfulness.

Week 2 – Getting Social

We humans are definitely social beings and social interaction can even be seen as a basic need. From caveman times to contemporary times, being social has always played a huge part in our ability to survive and thrive - and the online world is no different. Social media, storytelling, streaming, strolling and sharing, all help us connect.

2

3

Week 3 – Gaming for Everyone

Play is one of the best connectors out there. It stimulates creativity, collaboration & even the competitive spirit. Playing board games or card games has been a family tradition for generations & now that technology is here, you can bring these activities into the digital environment. No matter what type of activities you engage in, one thing is certain - gaming is for everyone and there is a game for every person!

Week 4 – Future Fit

There is so much talk about the future. The future of technology, the future of our planet. So why not join a challenge that helps you elevate your future skills, in online activities, offline activities or both. With the future, even the sky is no limit!!

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Digital Wellbeing Summer Challenge

WEEK 1: WELLBEING AND MINDFULNESS

Day

1

Online

DAY 1: DIGITAL AWARENESS

Activity: Screen Time Audit

Instructions: Check your daily screen time usage on your devices. (Tip: You can also see how this averages with your weekly screen time). Note the amount of time spent on apps and other activities.

Mindfulness Tip: Does the time spent align with your values and priorities? Do you want to be giving your time away to these apps?

Family Tip: Discuss as a family where you can make adjustments.

Offline

DAY 1: MINDFUL MORNING

Activity: Mindful Breakfast

Instructions: Prepare a healthy breakfast and take a moment of appreciation. Helpful tip: phones and other digital devices should be in another room, far from reach.

Mindfulness Tip: Eat slowly and focus on the textures, flavors and odors.

Family Tip: Allow a family member to make their favorite breakfast for everyone.

Teen Tip: Remind them that this challenge is temporary and meant to increase their wellbeing. Set a clear time frame.

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WEEK 1: WELLBEING AND MINDFULNESS

Day

2

Online

DAY 2: DEVICE-FREE DINNER

Activity: Tech-Free Dinner

Instructions: Have dinner without any devices at the table or on a nearby screen (and yes, smartwatches do count!). Use this time to engage in meaningful conversations.

Mindfulness Tip: Pay attention to the food, the conversation, and the company.

Family Tip: Practice active listening and show appreciation for the shared time.

Offline

DAY 2: NATURE WALK

Activity: Family Nature Walk

Instructions: Go for a walk in a nearby park or natural setting and leave those devices at home or turned off.

Mindfulness Tip: Observe your surroundings closely. Notice the colors, sounds, and smells.

Family Tip: Each family member can share something they observed during the walk.

Teen Tip: Explain to them that this time is about reducing tech use and becoming more mindful, not banning it altogether.

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WEEK 1: WELLBEING AND MINDFULNESS

Day

3



Online

DAY 3: DIGITAL CLEANUP

Activity: Digital Declutter

Instructions: Spend 30 minutes organizing your digital space. Delete unnecessary apps, files, and emails. Organize important documents into folders, and make sure that the way your devices are organized work for you.

Mindfulness Tip: Notice how decluttering your digital space affects your mental space.

Family Tip: Share your before and after experiences with the family.

Offline

DAY 3: DIGITAL DETOX EVENING

Activity: Tech-Free Evening

Instructions: Designate a few hours in the evening to be completely screen-free. No phones, tablets, computers, or TV.

Mindfulness Tip: Use this time to connect with each other.

Family Tip: Play board games, read books, start a puzzle or engage in a hobby together.



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WEEK 1: WELLBEING AND MINDFULNESS

Day

4



Online

DAY 4: MINDFUL APP USAGE

Activity: Mindful App Selection

Instructions: Identify apps that bring you joy, productivity, or education. Limit or delete apps that are purely time-consuming or stress-inducing. You shouldn't feel obligated to keep social media apps on your phone, you can simply open them on your browser, or view them from your computer!

Mindfulness Tip: Set intentions for your app usage.

Family Tip: Discuss as a family which apps you find beneficial and why.

Offline

DAY 4: JOURNALING

Activity: Gratitude Journals

Instructions: Grab some paper and spend 10 minutes writing down things you are grateful for.

Mindfulness Tip: Share your entries with a close friend.

Family Tip: Discuss as a family why these things are important and how they make you feel.



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WEEK 1: WELLBEING AND MINDFULNESS

Day

5



Online

DAY 5: CREATIVE OFFLINE TIME

Activity: Tech-Free Creativity

Instructions: Spend an hour engaging in a creative activity without any digital devices. This could be drawing, painting, crafting, cooking, or playing a musical instrument.

Mindfulness Tip: Focus on the process of creating. How did it make you feel?

Family Tip: Share your creations with each other and discuss how it felt to disconnect.

Offline

DAY 5: YOGA SESSION

Activity: Family Yoga

Instructions: Find a family-friendly yoga video online or better yet, follow a simple routine that you wrote down.

Mindfulness Tip: Focus on your breathing and how your body feels during each pose.

Family Tip: Encourage each other and practice patience.

Teen Tip: Spread it with their friends & involve them: encourage them to tell their friends they are participating in the challenge



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WEEK 1: WELLBEING AND MINDFULNESS

Day

6



Online

DAY 6: DIGITAL BOUNDARIES

Activity: Set Digital Boundaries

Instructions: Set specific times during the day, when devices are a No-No. Examples could be during meals or 2 hours before bedtime.

Mindfulness Tip: Notice how setting boundaries can help you achieve balance. What do you notice about your interactions and well-being?

Family Tip: Encourage each other to stick to these boundaries.

Offline

DAY 6: CREATIVE EXPRESSION

Activity: Art and Craft Time

Instructions: Gather art supplies, creative supplies or anything fun that you find around the house that can be used for a creative activity.

Mindfulness Tip: Don't worry about the final result. Enjoy the journey of creativity, not the final destination.

Family Tip: Enjoy being in the moment and expressing yourselves creatively.

Teen Tip: Provide them with an incentive; a small reward when the challenge is over.



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WEEK 1: WELLBEING AND MINDFULNESS

Day

7

Offline

Online

DAY 7:

REFLECTION AND PLANNING

Activity: Reflection & Future Planning

Instructions: Reflect on the week's activities and discuss the benefits and challenges you experienced. Plan how to incorporate digital mindfulness into your daily lives going forward.

Mindfulness Tip: Practice gratitude for the positive changes and support each other in maintaining digital wellbeing.

Family Tip: Have your family create a wellbeing pledge or agreement to remind everyone of their commitment.

DAY 7:

REFLECTION AND CONNECTION

Activity: Family Reflection Circle

Instructions: Sit together in a circle and reflect on the week. Discuss what activities you enjoyed and what you learned.

Mindfulness Tip: Practice active listening.

Family Tip: Let each family member speak without interruption and acknowledge their feelings and thoughts.

Teen Tip: Set realistic expectations: Be flexible & open to suggestions to make the challenge more fun.



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