



Your turn

1. What's important to you?

List five activities that you want to do as a family. Some families have suggested making movies or photo albums, going bike riding, getting involved in animal welfare projects, planting a garden, cooking up a storm, a construction or sewing project, take classes in surfing/ watercolours/ fencing/ cake decorating/Japanese...etc



2. Digital assessment

What do your kids like to do electronically? What do they enjoy about it?

Can you see some benefits to them from this activity?

.....
.....

Is there any downside to their digital activity?

.....
.....

What about the amount of time in front of a screen? Is it balanced with the other things that are important to you?

.....
.....

What rules do you need for your family's digital use? Consider what, when, where and how much.

.....
.....
.....
.....

If you need to alter your own digital practices what small step will you undertake this week?

.....
.....

