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No

Phone  
Zone

CHALLENGE

GLOBALMUNCHKINS.COM

# The BREAKDOWN

## What is it?

The no phone zone challenge is basically an area in your home where being on a phone is NOT allowed! For example, your family could designate the dinner table as their #NoPhoneZone, where everyone is expected to put their phones away during meal times. Our no phone zone was our kitchen and family room area.



## The Why

This family challenge that we created has truly been the only screen time success we have had! We believe it creates a more focused and present atmosphere during our family meals, movie times and overall it encourages conversation and connection.



## The Benefits

Taking away phones from your family can be a powerful way to create more quality time together. It can help families disconnect from the outside world and focus on each other, strengthening their bonds and deepening their connections. While it may be a difficult adjustment at first, the long-term benefits for families can be well worth the effort.

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# The Checklist

- ☐ Review our resources
- ☐ Get the Family on Board
- ☐ Designate a place in your home as the *#nophonezone*
- ☐ Get a basket or bucket to place phones in
- ☐ Track current screentime usage to input on game board sheet.
- ☐ Read our No Phone Article
- ☐ Read our Favorite Family Movies & TV Shows Article
- ☐ Read our Favorite Family Board Games Article

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# Gameboard

## Instructions

Track your progress each week and log-in your starting screen time and weekly screen time.

**Name:**

**Starting:**

**Week 1:**

**Week 2:**

**Name:**

**Starting:**

**Week 1:**

**Week 2:**

**Name:**

**Starting:**

**Week 1:**

**Week 2:**

**Name:**

**Starting:**

**Week 1:**

**Week 2:**

**Name:**

**Starting:**

**Week 1:**

**Week 2:**

**Name:**

**Starting:**

**Week 1:**

**Week 2:**

# TIPS



- Communicate With Your Family
- Set Clear Expectations
- Offer Alternative Activities
- Be Flexible
- Lead By Example

## BUCKETLIST



- Do a Board Game Night
- Watch a Movie as a Family
- Cook dinner together
- Go outside for a Family walk
- Watch a Family TV Show
- Go out for Ice Cream
- Do a Family funny photoshoot
- Go on a Family Picnic
- Go to a drive-in movie
- Do a build your own pizza night
- Do a puzzle together
- Go Bowling
- Make smores together
- Do a fancy dress up dinner night at home