

THE Counseling CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

It's summer break and you've put limits on your child's screen time but now what? They're already complaining that they're bored. Here are some ideas of things to do that don't involve a screen:

Here's a breakdown of ideas:

Real-World Experiences & Activities:

- **Spend time outdoors:** Hiking, biking, playing sports, or simply enjoying nature can be incredibly beneficial for mental well-being.
- **Engage in free play:** Allow for unstructured playtime, whether it's with friends or independently, to foster creativity and problem-solving skills.
- **Explore hobbies:** Pick up a new instrument, learn a new skill, or pursue a passion project that doesn't involve screens.
- **Volunteer:** Giving back to the community can provide a sense of purpose and accomplishment.
- **Attend local events:** Check out community events, festivals, or concerts for a chance to socialize and experience new things.
- **Visit museums or libraries:** Explore different cultures, learn something new, or simply find a quiet space to read and relax.
- **Go for a walk or bike ride:** Enjoy the scenery and get some exercise.
- **Have a picnic in the park:** Enjoy a meal outdoors with friends or family.
- **Learn a new language or skill:** Expand your horizons and challenge yourself.
- **Play board games or card games:** Engage in friendly competition and social interaction.

May's Focus:

Fun Ideas That Don't Involve a Screen



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Mindfulness and Relaxation:

- **Practice mindfulness:** Meditation, deep breathing exercises, and yoga can help calm anxious minds.
- **Listen to music:** Find music that helps you relax and unwind.
- **Read a book:** Escape into a different world and relax.
- **Spend time with loved ones:** Connect with family and friends in person.
- **Take a bath or shower:** Soothing your senses can help you relax.
- **Practice gratitude:** Focus on the positive aspects of your life.

Tips for Limiting Screen Time:

- **Set boundaries:** Establish specific times for screen use and stick to them.
- **Turn off notifications:** Reduce distractions and interruptions.
- **Find alternative activities:** Replace screen time with real-world experiences.
- **Create a tech-free zone:** Designate certain areas of your home or time of day as screen-free.
- **Be mindful of your screen use:** Pay attention to how your screen time is affecting your mood and well-being.
- **Encourage others to limit their screen time:** Model healthy habits and encourage others to do the same.
- **Talk to a professional:** If you are struggling with anxiety, seek help from a therapist or counselor.

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