SCREEN SANITY

VALUES EXERCISE

Recommended for families with kids ages 7-12.

Print out the Family Values flashcards. Choose 5-10 values and spread them on your kitchen table. (You can later repeat the activity, swapping out the cards to discuss different values.) Talk about how these values play out in the real world and the digital world. Together, pick 2-4 values to be your family's "north star" — guiding you towards a rich human experience (HX). Choose values you hope your family will stick to, even in the toughest of situations.

Hang them up! Whether you paste them on the included display page, string the cards into garland, or tape them to the bathroom mirror — put them somewhere you will see them often, as a reminder of what you are all striving for together.

Check in regularly. Use these values to start conversations about how your daily choices support your values... or get in the way of them. Whether it's something that happened at work or school — or something that happened in the digital world — use these values as a guide to keep your family heading the direction you want to go.

TIPS:



Decide when and where you'll check-in each week. Maybe it's every Sunday dinner. Maybe it's every Friday after school. For maximum bonding, let every member of your family answer.



No need to overhaul your family's lifestyle — just focus on small, everyday changes.



Know that mistakes happen. Make this a safe time to learn from mistakes and support each member of your family as you grow together in your values.











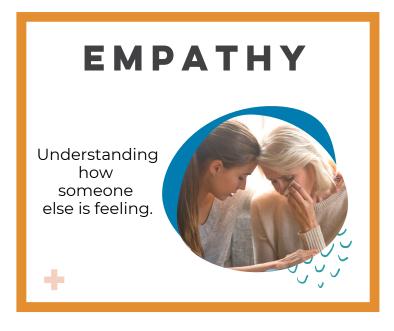






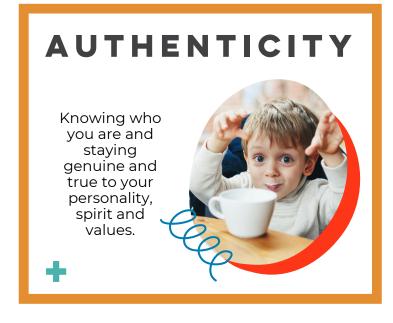


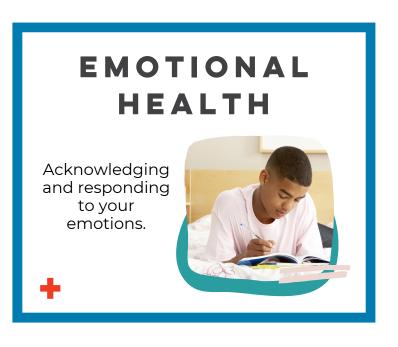


















Actively participating in and fully giving attention to the things and people around you.







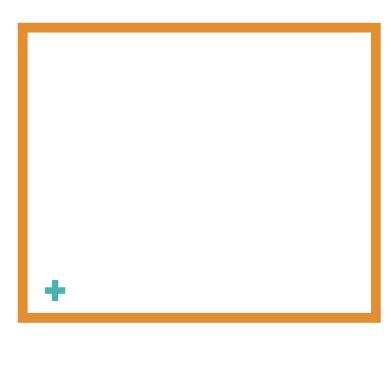


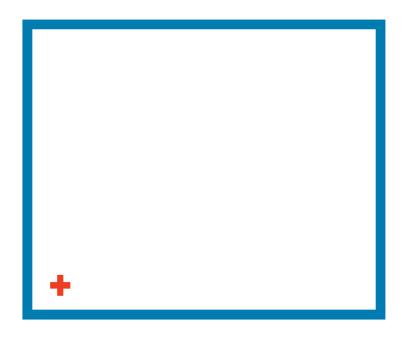


MISSING VALUE?

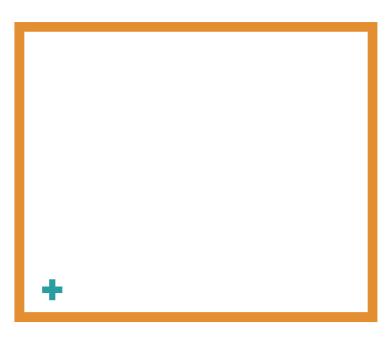
Don't see one of your family's core values included in the flashcards?

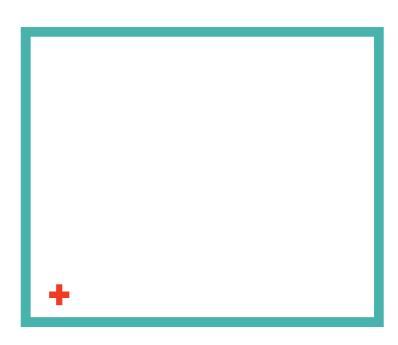
Create your own card with the blank ones here!



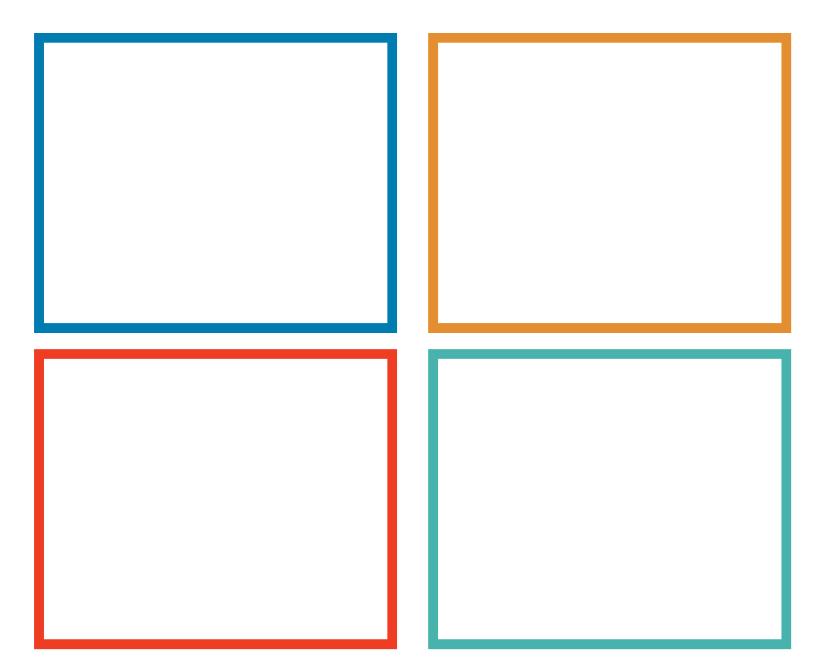








FAMILY VALUES



CHECK-IN QUESTIONS:

Talk about a time this week where you lived out one of our values. Were there any times this week you didn't practice a value when you should have?

What got in the way of exercising our values this week? Is there tweak
we need to make
to our screen use
this week to
better support
our values?