

# SCREEN SANITY<sup>TM</sup>

## VALUES EXERCISE

Recommended for families with kids ages 7-12.

1

**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.

2

**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.

3

**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.

# SERVICE

Offering help  
to a person,  
group,  
community  
or cause.



# TEAMWORK

Working  
together  
with others  
toward a  
common  
goal.



# EXPLORATION

Investigating  
something  
unfamiliar to  
learn and  
uncover new  
information.



# CREATIVITY

Using  
imagination  
to generate  
original ideas,  
inventions,  
art and more.



# RECREATION

Time for  
relaxation  
and fun to  
refresh your  
body and  
mind.



# LOVE

Having deep  
affection and  
admiration  
for  
something  
or someone.



# TRUST

Relying confidently on one's character, ability or integrity.



# HONOR

Holding something or someone with great respect.



# ACHIEVEMENT

Working to successfully accomplish something you care about.



# FRIENDSHIP

Showing love, trust and care for another person.



# EMPATHY

Understanding how someone else is feeling.



# FAITH

Having trust and confidence in someone or something.



# BALANCE

Finding harmony between who you want to be and how you spend your time.



# AUTHENTICITY

Knowing who you are and staying genuine and true to your personality, spirit and values.



# EMOTIONAL HEALTH

Acknowledging and responding to your emotions.



# PHYSICAL HEALTH

Caring for your body with physical activity, sleep, nutrition and more.



# CONNECTION

Spending time together to make one another feel seen and valued.



# GRATITUDE

Pausing to notice and appreciate good things in our lives.



# PRESENCE

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



# OPEN-MINDEDNESS

Receiving new ideas with a willingness to learn and listen.



# INDEPENDENCE

Trusting oneself to think, act and make decisions.



# JUSTICE

Using your voice and actions to stand up for what you believe is right.



# HARD WORK

Giving dedication, time and effort to things you care about.



# PRIVACY

Setting and respecting boundaries that make you and others feel safe.



# 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!



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Name

# 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 a tweak we need to make to our screen use this week to better support our values?

Mistakes will happen as we strive for our values - and that's okay!  
Our family is a safe place to learn and grow. Together, let's create a rich human experience.