4S Summer Solutions to Screen Stress in Summer break

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Week Starting: \_\_\_ / \_\_\_ / 2025

# This is a list of suggested activities for reference. Parents can customize them based on their situation, their children's needs, and other relevant factors

# 🗓️ 1. Structure – Create a Predictable Routine

Suggested Daily Anchors:

- Morning: Wake up, hygiene, breakfast

- Midday: Learning activity or reading time

- Afternoon: Outdoor play or craft time

- Evening: Family dinner, quiet time, story

Tips for Parents:

- Keep meal and sleep times consistent

- Use a visible routine chart or checklist

# 🧩 2. Substitution – Fun Screen-Free Alternatives

**Ideas to Try:**

- Rock or canvas painting

- Backyard scavenger hunts

- Build a fort using blankets and pillows

- Baking simple recipes together

**Tips for Parents:**

- Prepare a 'boredom box' with activity cards

- Rotate activities to maintain novelty

# 🧑‍🤝‍🧑 3. Social Connection – Foster Real Interaction

Ideas to Try:

- Daily 15-minute undivided play with your child

- Story sharing or family circle time

- Plan a weekly playdate or picnic

Tips for Parents:

- Focus on quality time, not quantity

- Encourage kids to express their thoughts and feelings

# 🧠 4. Self-Regulation – Encourage Healthy Habits

Activities:

- Let kids use timers to manage screen time

- Introduce mindfulness or breathing exercises

- Talk about how screen time affects mood

**Tips for Parents:**

- Be a screen role model- Keep your mobile aside

- Praise efforts to self-limit screen time-