

# Family Activity: Tech Habit Challenge

## Background

Our tech habits impact our well-being in all sorts of ways. Some habits are helpful, but others can make things harder. How do we talk about them with our kids, while supporting their need for agency (their independence and ability to make choices)?

## Activity

The good thing about habits is that we have the power to change them! This activity will lead you and your child through the process of developing a tech habit challenge that you can experiment with in the coming weeks.

## Step 1: Tech Habits Interview

In class, your child reflected on the role of tech in their life with a fun interviewing exercise. Now it's time to try it as a family.

### Family chat:

- *What do you remember about getting your first cellphone?*
  - For the adult: Consider the features of the phone itself. You may also want to talk about how you felt getting your first phone.
- *What are the best parts about the way you use tech? What are some good tech habits you have?*
- *Does using tech ever bring you any stress or negative feelings? When and why?*

## Step 2: Tech Habit Challenge

Your child had a chance to create a tech habit challenge. Have them share what their challenge is, and take a moment to create your own on **Page 2**.

## Step 3: Reflect

Together, brainstorm any other ideas you have to make it easier to stick with your habits. Is there anything you can do (including changing one of your own habits!) to help them?

### ***Tips for sticking with a habit:***

1. Make sure you've picked a habit that you actually want to change.
2. Be as specific as possible about what you'll do differently.
3. Start small and choose a challenge that feels very do-able. It's best to start with something really easy—you can always build on it later!

# Family Activity: Tech Habit Challenge

## Create your tech habit challenge!

### Choose:

What is one tech habit you want to change or start doing differently?

### Why?

Why is it important that you change (or start) this habit?

### Alternative:

It's helpful to come up with something else to do instead of the old habit. What do you want to do instead of your usual habit?

### Tricks:

Are there any other tricks that could help you with your habit challenge?

Example: If I want to stop using my phone at 10 p.m., a trick is to set Focus (Sleep) settings so my phone automatically reminds me of my intentions every night.

### Help!

It can be easier to change a habit when you have help. Who can help you stick to your tech habit challenge? How can they help?

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