BSL tool 2: Screen-free corner

Description
Adults, young people and children spend a lot of time in front of screens. Restricting the use of digital devises is a common source of conflict within families. This activity seeks to offer a complementary alternative this.

This aim is to focus on achievable screen-free activities that allow us to build quality time using a shared process, where every member of the family has their own voice heard.

The activity tries to identify screen-free family activities that can be facilitated by the design and implementation of a screen-free corner. |

Photos and images

https://www.pexels.com/photo/bonding-time-of-mother-and-child-4039159/ |

https://www.pexels.com/photo/crop-astrophysicist-exploring-surface-of-moon-while-using-tablet-in-university-3825567/

https://www.pexels.com/photo/man-in-white-t-shirt-and-brown-pants-painting-cardboard-house-3933227/

https://www.pexels.com/photo/blue-jeans-3036405/

Age range

All Ages

A guide for the guide

In order for the project to be successful, to develop smoothly and to have applications in the future, there are some important factors that need to be taken into account.

- Listening and valuing the ideas of all family members
- Finding common ground between young people and adults
- Focus on activities that are practical and achievable.

Preparation for the activity

To get the activity off to a good start, adults can prepare a short presentation on what activities they did as children. Pictures of when they were young doing the activity, as well as objects, or stories to illustrate the activity, will help stimulate the interest of the children.

Another important thing is to already have thought of a space in the house for our corner without screens. This will allow us to be more concrete and effective when making our proposals.

One of the activities is **brainstorming**. This is a very easy technique to perform even if you have no experience with it. The idea is that everyone participating proposes ideas quickly and creatively and these are included in a list. The most important thing is not to discard any idea, no matter how absurd or complicated it may seem. It is from the apparently strangest ideas that the most brilliant projects can come. When the list is finished, we discuss which ideas seem most achievable and motivating for everyone. It is also important to make sure that everyone involved contributes at least one or more ideas.

The activity step-by-step

- First, the participating adults explain to the young people the way they lived when they were the same age as them and what activities, games, sports ...etc, they practiced. For this they can use photos or objects that allow them to explain these activities more easily.
- Now it is the child's/young person's turn to explain which non-digital activities they like to do or would like to try.
- At this point we will propose one or more activities to do together. For this we will use brainstorming to propose different activities and choose those that we think are best suited to everyone in the family. It is important that everyone participates in the brainstorming and contributes at least one activity that they would like to do, so we ensure that the activities chosen are sufficiently motivating for the whole family.
- Once the activities are chosen, we try to make a list of the things that make doing these activities more difficult than digital entertainment and look for what we would need to make it easier.
- It's time to put all the ideas we came up with to facilitate our screen-free activities in a physical space inside our house - our screen-free corner.
- Finally, we will use a calendar to note when the activities will take place, and a day later to evaluate if the activities went well, propose new activities or improvements to our screen-free corner.

Some doubts that may arise

What activities do we choose? When choosing activities, we must make sure that they are achievable and they sufficiently motivate everyone in the family.

If there is a very diverse range of interests, we can choose introductory activities matched to the different personal motivations and later evaluate which of them worked better for most of the people in the family.

What do we add to our screen-free corner? The aim of the Screen-Free Corner is to make it easier for us to carry out these alternative activities. The chosen area should have all of the materials needed for the activities as well as any items that help us to organize them, such as information, a calendar etc. The aesthetic can be determined at the time of choosing the corner. Spend some time decorating and organizing it.

The corner without screens is not something definitive, we can add and remove what we want in the future.

Questions for reflection, self-assessment and conclusions

- Did we get everyone to contribute ideas?
- Is thinking and creating the screen-free corner an activity in itself for the family?

Questions for when the family evaluates how well the screen free corner and alternative activities worked:

- Did our plans work?
- What activities that were not chosen would you like to try in the future?
- How have we felt about going without screens for a while?
- Have we learned new things?
- What can we improve about our screen-free corner?
- What do you think we can change to have an even better time in future alternative activities?

Recommendations on how to adapt to different age-groups

Depending on the age of the child/young person we will have to adapt how we work, matching the activity to different learning paces. We should explain clearly what we want to achieve and listen to everyone.

References

https://www.who.int/news-room/detail/24-04-2019-to-grow-up-healthy-children-need-to-sit-less-and-play-more