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CHALLENGES

ARE YOU GAME?

Here are some challenge ideas to help you set your screens aside more often. The goal is to stay in control of your Internet use and enjoy the joys of unplugging.

WHICH CHALLENGES WILL YOU CHOOSE?

CHALLENGE 01

Moment of truth

Check out the screen time stats in your device settings to see how much time you spend on your apps every day.

CHALLENGE 02

You're in charge!

Set a daily limit for your screen use. Whether it's for work, social media, video games or streaming, give yourself a fixed amount of time.



CHALLENGE 03

Clean it up!

Turn off all non-essential visual and audio notifications so you can focus on what's really important to you.



CHALLENGE 04

Check in with yourself

After staring at a screen for a few hours, how do you feel? Satisfied, relaxed, anxious, kind of depressed? Try to opt for connections that make you feel good.

CHALLENGE 05

Put it away

Leave your phone in another room or a bag and avoid carrying it everywhere with you!

CHALLENGE 06

Ultimate battle

Only check your phone once an hour and battle the urge to respond immediately. Game on.



CHALLENGE 07

Recharge your batteries

Turn off all your screens one hour before bed. Side effects include a good night's sleep.

CHALLENGE 08

Set it aside

Next time you're out with friends, challenge each other to put your phones away to see who can hold out the longest!

CHALLENGE 09

Justify it

Every time you pick up your phone while someone's talking to you, explain honestly why you're doing it, giving the real reason.

CHALLENGE 10

Take control

Hide, block, unsubscribe, like or unlike to influence algorithms and better control what you're exposed to online.

CHALLENGE 11

No filter

Avoid using filters on the photos you post. Opt for authenticity and let the truth of the moments you capture shine through.

CHALLENGE 12

Avoid bingeing

Adjust the settings of certain streaming platforms so they stop automatically after an episode or a set amount of time.

CHALLENGE 13

Dare to switch off!

Are you having a conversation, sitting in class, or attending a meeting? Turn off your screens for a few minutes, hours, or, if you're really brave, a whole day, and be fully present.

CHALLENGE 14

Get creative

Spark your imagination with creative challenges. Write, paint, craft, knit or play an instrument... you might discover a new talent!



CHALLENGE 15

Moment of truth #2

Ask your family and friends what they think of your screen use. Do they feel that you're really present when you're with them?

CHALLENGE 16

More cleaning

Delete non-essential apps from your home screen. Place them in folders so they're "hidden."



CHALLENGE 17

In airplane mode

Turn on airplane mode to create distraction-free moments, and set an alarm for the duration of the break you want to take (15 min, 30 min, 45 min, etc.).

CHALLENGE 18

Morning break

Resist the temptation to use your phone as soon as you wake up and wait at least 1 hour before looking at a screen!

CHALLENGE 19

Head in the clouds!

The next time you're waiting in a line, resist the urge to look at your phone and let your mind wander.

CHALLENGE 20

Unplug for a day

Try to spend a whole day offline once in a while. Use this time to recharge your batteries and explore new offline activities that make you feel good.

