

EXCESSIVE PHONE & GAMING REDUCTION

Hands-On Parent Activity Guide

PA = Physical Activity | IA = Intellectual Activity | CA = Community Activity

How to use this guide: Choose an activity, gather the listed materials, then follow the steps. Adapt difficulty by age and use rewards only when helpful. Keep screen-time rewards planned with a clear start and stop.

Parent principle: Use these activities to increase movement, learning, family interaction, confidence, practical skills, and purposeful technology use.

1. Mental Math Shortcut Challenge

IA - Intellectual Activity

MATERIALS

- Paper or index cards with addition problems
- Pencil for the teaching round
- Calculator for the first demonstration only
- Timer (optional)
- Small reward or point chart (optional)

HOW TO DO IT

1. Start by showing the child that hard-looking numbers can be changed into easier numbers. Write $46 + 19$. Let the child solve it normally first.
2. Teach the shortcut: change 19 to 20, solve $46 + 20 = 66$, then subtract 1. The answer is 65.
3. Practice making tens: $38 + 27$ can become $40 + 25$. Explain that you moved 2 from 27 over to 38 to create an easier number.
4. Do 5 problems together with paper. Then remove the paper and give 5 similar problems orally.
5. When the child can answer comfortably, use a timer or a streak goal such as 5 correct answers in a row. Increase difficulty slowly into hundreds, money, or mixed addition and subtraction.

Safety / Parent Note: The goal is not speed alone. The child should be able to explain the shortcut they used.

2. Create a Real-Life Roblox Game

PA / IA / CA

MATERIALS

- Ask the child which Roblox game they are currently playing
- Household or yard items such as cones, chairs, boxes, balls, rope, cardboard, paper signs
- Costume pieces or badges (optional)
- Paper and marker for rules and scoring
- Timer or score sheet

HOW TO DO IT

1. Ask the child to explain the Roblox game to you: What is the goal? What makes it fun? What powers,

obstacles, teams, or rewards matter most?

2. Choose 3 to 5 parts of the digital game that can be safely recreated in real life. For example, a chase becomes tag, a treasure hunt becomes hidden objects, and a survival task becomes collecting safe props.
3. Set up the playing area together. Let the child help make signs, powers, points, costumes, or rules.
4. Do a short test round and ask the child what should be changed. Adjust anything confusing or unsafe.
5. Play the finished game as a family or invite approved friends. Keep the rules simple enough that new players can learn them in a few minutes.

Safety / Parent Note: No hitting, dangerous climbing, realistic weapons, or risky copying of online game actions. The purpose is to transfer excitement from the screen into movement, creativity, and interaction.

3. Main Idea Speed Challenge

IA - Intellectual Activity

MATERIALS

- A short age-appropriate paragraph, article, or story
- Timer
- Three question cards or a sheet of paper
- Pencil
- Optional reward chart

HOW TO DO IT

1. Choose a short passage the child can read without struggling over every word. Start with about one paragraph.
2. Tell the child they are not trying to memorize every sentence. Their job is to find what matters most.
3. Set a reasonable timer and let the child read. When time is up, cover or remove the passage.
4. Ask three questions: (1) What was this mostly about? (2) What are the two most important details? (3) What detail could be removed without changing the main meaning?
5. Show the passage again and review the answers together. Teach the shortcut: WHO or WHAT is this about? WHAT is the most important thing being said? WHICH details prove it?
6. Gradually increase the passage length or reduce the time only after comprehension remains strong.

Safety / Parent Note: Reward accurate understanding, not simply fast reading.

4. Learn Something With AI Photos

IA - Intellectual Activity

MATERIALS

- Phone or tablet with camera
- ChatGPT with image upload
- An unfamiliar object, plant, bird, tool, machine, food, sign, or household item
- Notebook (optional)

HOW TO DO IT

1. Go on a short discovery walk around the house, yard, park, store, or another safe place and let the child choose something they do not fully understand.
2. Teach the child to take a useful photo: good light, clear focus, and enough of the object visible to understand what it is.
3. Upload the photo to ChatGPT and ask a specific question such as: What is this? What does it do? How does it work? What kind of bird is this? What battery does this clock use?
4. Ask at least two follow-up questions. Encourage the child to ask about how it works, why it matters, where it comes from, or how to use it safely.
5. Have the child explain one new thing they learned in their own words. For a practical object, let them safely use the information with adult supervision.

Safety / Parent Note: Avoid photographing strangers, private documents, addresses, passwords, account information, or anything the family would not want shared. AI identification can be wrong, so verify important safety or health information.

5. Top Roblox Games - Activity Creator / Host

CA / IA / PA

MATERIALS

- A Roblox game concept selected by the child
- Paper for rules and planning
- Props, signs, costumes, cones, boxes, balls, or other safe materials
- Simple score sheet
- Adult contact information for a mall, library, community center, recreation center, or similar venue

HOW TO DO IT

1. Ask the child to choose a Roblox game that would translate well into a live activity. Have them explain the objective and the most recognizable parts.
2. Together, design a safe 10- to 20-minute real-world version. Write down the goal, player rules, how someone wins, what props are needed, and what an adult host has to do.
3. Build a small test version at home or in the yard. Invite a few family members to play and note what works and what needs to change.
4. Create a one-page description with the activity name, ages, space needed, estimated number of players, materials, and safety rules.
5. With the adult doing the official contacting, reach out to an appropriate mall, library, recreation center, school event, or community organization to ask whether they host family activities and how proposals are submitted.
6. If a live event is approved, let the child help set up, explain rules, greet participants, keep score, and help clean up afterward.

Safety / Parent Note: The adult handles venue permissions, insurance questions, participant supervision, and any required releases. Do not present the activity as officially sponsored by Roblox unless permission exists.

6. Timed Adventure Obstacle Race

PA - Physical Activity

MATERIALS

- Timer
- Low hurdles or safe objects to step over
- Cones or markers
- Soft rope swing only if properly installed and adult-approved
- Cushions, mats, or grass for low-risk crawling/balance areas
- Blue towels, chalk, cardboard, or markers for pretend 'danger water'

HOW TO DO IT

1. Walk the area first and remove sharp objects, slippery surfaces, unstable furniture, or anything the child could collide with.
2. Create 5 to 8 stations: step over low hurdles, crawl under a safe obstacle, weave through cones, balance along a marked line, swing once on a safe rope swing, and cross the pretend danger-water zone using safe stepping markers.
3. Demonstrate the whole course slowly before timing anyone. Make sure the child knows exactly where to go.
4. Start the timer at the first station and stop it at the finish line. Record the time.
5. Give the child a rest, then allow another run to try to beat their own time. Change one station after several rounds to keep the course fresh.

Safety / Parent Note: Keep heights low, landings soft, and the 'danger water' completely imaginary. No real water hazards, unstable rope setups, or risky jumps.

7. Where's the Cake?

IA / PA

MATERIALS

- A piece of cake, snack, or other small reward
- 5 to 10 index cards or pieces of paper
- Pen or marker
- Safe hiding locations around the house

HOW TO DO IT

1. Choose the final hiding location for the cake or reward first.
2. Work backward and write a clue that leads to the final location. Then hide that clue somewhere else and write another clue leading to it. Continue until you have a full chain.
3. Make clues age-appropriate. Younger children can use pictures or simple directions; older children can solve riddles, math clues, or family-memory clues.
4. Give the child only the first clue. Do not walk them through every step unless they are truly stuck.
5. Let each clue lead to the next until the child reaches the final reward. Afterward, ask which clue was hardest and let the child create one for the adult next time.

Safety / Parent Note: Avoid hiding clues near medicines, cleaning chemicals, sharp tools, stairs, or other unsafe areas.

8. Lock Box Present (Find the Key)

IA / PA

MATERIALS

- A lockable suitcase, small lock box, or other container with a simple key
- Small present or reward
- Key
- 5 to 10 written clues
- Safe hiding locations

HOW TO DO IT

1. Put the present inside the box and lock it. Test the key before starting so there is no disappointment at the end.
2. Hide the key in a safe location that is challenging but reachable.
3. Create a clue chain that eventually leads to the key. Start at the key and work backward so every clue has a clear next destination.
4. Give the child only the first clue. Let them move through the house and solve each step independently.
5. When they find the key, have them bring it back to the lock box and open the present themselves.

Safety / Parent Note: Use only simple household locks. Never use containers large enough for a child to climb inside or anything that could accidentally lock a person in.

9. Find the Remote / Movie Surprise

IA / CA

MATERIALS

- TV remote
- 5 to 8 clue cards
- A movie already rented, purchased, or available through the family's service
- Optional popcorn or snack

HOW TO DO IT

1. Hide the remote in a safe place and prepare clues that lead the child from one location to another until they find it.
2. Before the game begins, choose the surprise movie and make sure it is available to play.
3. After the child finds the remote, begin stage two. Give clues about the movie without saying the title - for example, a character type, setting, color, animal, or plot hint.
4. Let the child scroll through the family's movie library or streaming menu and use the clues to identify the correct movie.
5. Once they solve it, watch the movie together so the screen becomes a shared family reward rather than isolated open-ended use.

Safety / Parent Note: Use only the family's approved streaming profiles and age-appropriate titles.

10. Roblox Avatar Costume Creation

IA / PA

MATERIALS

- A picture of the child's selected Roblox avatar
- Old clothing or inexpensive costume pieces
- Cardboard
- Paper
- Markers or paint
- Tape, glue, child-safe scissors
- Hats, capes, belts, wristbands, badges, or fabric scraps

HOW TO DO IT

1. Have the child show you the avatar and identify the 3 to 5 features that make it recognizable - colors, hat, cape, mask, badge, belt, etc.
2. Search the house for safe materials that can imitate those features. Sketch the costume before cutting anything.
3. Build one piece at a time. Cardboard can become armor or badges; fabric can become a cape; paper can become emblems.
4. Try on each piece and adjust it so the child can see, breathe, walk, and move freely.
5. When finished, take photos, create a character name, or use the costume in the Real-Life Roblox Game.

Safety / Parent Note: Avoid anything that blocks vision or breathing, sharp edges, tight cords around the neck, or realistic weapon props.

11. Beat the Clock - Time Challenge

IA - Intellectual Activity

MATERIALS

- Paper and pencil
- Calculator for the first learning round
- Clock or timer
- Prepared time questions
- Optional reward chart

HOW TO DO IT

1. Start with a simple equation using the 24-hour day: 24 - 10 hours sleeping - 7 hours school - 2 hours travel - 1 hour homework = how many hours remain? Let the child use a calculator first.
2. Next, write practical clock questions: If a movie starts at 6:10 and lasts 1 hour 48 minutes, when does it end? If you leave at 3:40 and drive 35 minutes, what time do you arrive?
3. Teach the child to break minutes into easier parts. For example, add 20 minutes first, then the remaining 15 minutes.

4. Move from calculator to paper and pencil. When the method is understood, ask similar questions orally and have the child solve them mentally.
5. Create levels: Beginner, No Calculator, In Your Head, and Beat the Parent. Reward improvement, accuracy, or a correct-answer streak.

Safety / Parent Note: Keep the early questions easy enough that the child experiences success before adding harder hour-and-minute combinations.

12. \$1 Hellos

CA - Community Activity

MATERIALS

- Parent-approved public setting
- Small amount of cash or a written earnings chart
- A savings goal such as a toy, outing, book, or other wanted item

HOW TO DO IT

1. Before going out, explain that the child can earn \$1 for each appropriate hello or short introduction to a person the parent specifically approves.
2. Demonstrate a simple script: 'Hi, my name is _____. How are you?' The child does not need to have a long conversation.
3. The parent chooses appropriate opportunities such as a cashier, librarian, family friend, coach, neighbor, or another safe adult in a normal public interaction.
4. Pay or record the dollar after the interaction. Let the child track progress toward something they want instead of automatically receiving it.
5. As confidence grows, add small challenges such as asking one question, making eye contact, or saying thank you at the end.

Safety / Parent Note: Never send a child to approach strangers alone. Do not force physical contact or disclosure of personal information. If the child is highly anxious, start with familiar adults and smaller steps.

13. Fast Search Challenge

IA - Intellectual Activity

MATERIALS

- Phone, tablet, or computer
- Internet access
- Timer
- A prepared list of questions
- Notebook (optional)

HOW TO DO IT

1. Give the child one practical question, such as: What is the fastest land animal and how fast can it run?
2. Ask what keywords they think will produce the answer. Help them remove unnecessary words and

search for the key terms.

3. Set a short timer and have the child find an answer. Do not let the first search snippet automatically count as proof.
4. Open a reliable source and compare it with at least one other source when possible.
5. Have the child explain the answer in their own words and tell you where they found it. Gradually move to harder questions that require comparing information.

Safety / Parent Note: Teach children not to click suspicious ads, downloads, pop-ups, or unknown links.

14. Food & Energy Challenge

IA - Intellectual Activity

MATERIALS

- Phone, tablet, books, or other trusted nutrition resources
- Question cards
- Paper for answers
- Optional foods from the kitchen for a demonstration

HOW TO DO IT

1. Prepare practical energy questions rather than trivia. Examples: What breakfast can give steady morning energy? Why can a large sugary snack make you feel tired later? How can water affect energy? What foods contain protein and slow-digesting carbohydrates?
2. Ask the child to predict the answer before searching.
3. Let them research the question and identify two or three foods or habits that fit the answer.
4. Ask the child to explain why, not just name a food. For example: 'Why might oatmeal and eggs last longer than candy?'
5. A few days later, ask the same question again without allowing a search. Turn correct remembered answers into points or rewards.

Safety / Parent Note: Keep the activity educational rather than restrictive. Children with medical or dietary needs should follow guidance from their caregiver or clinician.

15. Grandparents Hide & Seek

PA / CA

MATERIALS

- Timer - an oven timer, phone timer, or kitchen timer
- A clearly marked Safe Zone
- House or yard with approved hiding areas
- Two or more players

HOW TO DO IT

1. Choose the Safe Zone first - for example, the couch, kitchen table, porch, or a marked spot in the yard.

2. Set rules for where grandparents are allowed to hide. Exclude closets that lock, stairs, garages, streets, sheds, or unsafe areas.
3. Set the timer. The grandparents hide while the children stay in the Safe Zone with eyes closed or facing away.
4. When the search begins, a child who finds a grandparent must escort that grandparent back to the Safe Zone before continuing.
5. If several children and grandparents are playing, the game is not finished until the last grandparent is located and safely returned before the timer expires. Switch roles for another round if desired.

Safety / Parent Note: Keep hiding places easy enough for the grandparent's mobility and safe enough for the child's search.

16. Card Tower Challenge

IA - Intellectual Activity

MATERIALS

- One or two decks of playing cards
- Flat table or floor
- Timer
- Ruler or tape measure (optional)
- Paper for recording the tallest tower

HOW TO DO IT

1. Clear a flat surface and show the child how two cards can lean together to form an upside-down V.
2. Place a flat card across two supports to create the next level. Let the child experiment with distance and balance.
3. Choose a challenge: tallest tower in 10 minutes, first to three levels, or beat yesterday's height.
4. If the tower falls, encourage the child to identify why before rebuilding - base too narrow, cards uneven, table bumped, etc.
5. Measure or photograph the final tower and record the best result for a future rematch.

Safety / Parent Note: The value is in patience and adjustment. Avoid immediately rebuilding it for the child when it collapses.

17. Paper-Mache Volcano Eruption

IA / PA

MATERIALS

- Small plastic soda bottle
- Cardboard tray or sturdy base
- Newspaper or scrap paper cut or torn into strips
- Elmer's white school glue
- Water
- Mixing bowl
- Paint and paintbrushes

- Diet soda or regular carbonated soda
- Mentos candies
- Paper funnel or rolled paper tube for dropping Mentos quickly
- Safety glasses
- Outdoor open area

HOW TO DO IT

1. Place the empty soda bottle upright in the center of the cardboard base. Tape it down so it cannot tip easily.
2. Tear or cut newspaper into strips. In a bowl, mix Elmer's school glue with a small amount of water until it spreads easily but is still sticky.
3. Dip paper strips into the glue mixture, wipe off excess glue with your fingers, and layer the strips around the bottle to build the mountain shape. Keep the bottle opening completely uncovered.
4. Let the paper-mache dry fully. This may take overnight. Paint the volcano and let the paint dry.
5. Carry the finished volcano outdoors to an open area. Put on safety glasses. Place an open bottle of carbonated soda inside the volcano if the original bottle was only used as a mold.
6. Prepare several Mentos so they can be dropped into the open soda bottle quickly. An adult should control the setup while the child stands back.
7. Drop the Mentos into the open bottle and immediately step back. Watch the foamy eruption, time how long it lasts, and compare what happens if you later test a different soda or number of Mentos.

Safety / Parent Note: This is an eruption, not ignition. Do not use fire. Never cap, plug, seal, shake, or pressurize the bottle with Mentos inside. Do it outdoors, point the bottle straight up, wear eye protection, and keep faces away from the opening.

18. Energy Builder Exercise

PA - Physical Activity

MATERIALS

- Comfortable shoes
- Water
- Timer or watch
- Simple weekly progress sheet
- Safe walking or exercise area

HOW TO DO IT

1. Choose a starting level that feels easy enough to complete without exhaustion - for example, a 5-minute walk.
2. Repeat that amount for several sessions. The goal at first is consistency, not intensity.
3. Increase slowly - for example, 5 minutes becomes 8, then 10. Later add short light-jog intervals, stairs, dancing, bike riding, or simple bodyweight movements if appropriate.
4. After each session, ask the child to rate energy before and after on a 1-to-10 scale. Record the number.
5. Use the record to show progress over several weeks and to find an activity level that leaves the child

feeling energized rather than wiped out.

Safety / Parent Note: Stop for pain, dizziness, breathing difficulty, or unusual symptoms. Adjust the activity for the child's age, fitness, and any medical limitations.

19. Make Your Own Song With AI

IA - Intellectual Activity

MATERIALS

- Phone, tablet, or computer with an AI writing tool
- Paper or notes app
- A topic chosen by the child
- Optional simple beat, instrument, or music-making app
- Voice recorder (optional)

HOW TO DO IT

1. Choose a topic: a funny family story, a pet, school, a favorite game, a goal, or an imaginary character.
2. Ask the child to supply the first ideas before using AI - important words, funny lines, names, or a chorus idea.
3. Use AI to brainstorm rhymes, alternate lines, or a simple verse structure. Let the child choose what to keep rather than accepting everything automatically.
4. Arrange the selected lines into a chorus and one or two short verses.
5. Choose a rhythm or beat, practice the song, and perform or record it. Give the song a title and make cover art if the child wants.

Safety / Parent Note: The child should remain the creative decision-maker; AI is the helper, not the author of the entire experience.

20. Make Your Own Dance

PA - Physical Activity

MATERIALS

- A favorite age-appropriate song
- Open floor space
- Phone or speaker
- Optional paper for naming the moves
- Optional camera for recording

HOW TO DO IT

1. Clear enough space that the child can move without hitting furniture.
2. Play the song and choose 4 simple moves. Give each move a name so it is easy to remember.
3. Put the four moves in order and practice them slowly without music.
4. Turn on the song and connect the moves to the beat. Add another 2 to 4 moves when the first sequence feels easy.

5. Name the finished dance, perform it for family, record it, or teach it to someone else.

Safety / Parent Note: Keep jumps and floor moves appropriate for the surface and the child's ability.

21. Chores for Dollars

CA - Community / Family Activity

MATERIALS

- List of age-appropriate chores
- Dollar amounts or point values
- Cash jar, envelope, or earnings chart
- Savings goal

HOW TO DO IT

- 1.** Make a short menu of jobs that are genuinely useful: make the bed, fold towels, sweep a floor, organize a shelf, help wash the car, collect trash, or help with yard work.
- 2.** Put a clear value beside each job before the child starts. Keep the amount proportional to the effort.
- 3.** Let the child choose which jobs to accept. Explain what 'finished' looks like so there is no argument later.
- 4.** Check the work together. If something needs to be fixed, show the child exactly what remains.
- 5.** Pay or record the earnings only after the job is complete. Encourage the child to save toward something they want.

Safety / Parent Note: Avoid dangerous chores involving chemicals, sharp tools, heavy lifting, hot appliances, or unsupervised outdoor hazards.

22. Make Gummies

IA - Intellectual / Hands-On Activity

MATERIALS

- Adult-approved gummy recipe
- Gelatin
- Juice or flavored liquid required by the recipe
- Measuring cups and spoons
- Small saucepan or microwave-safe bowl depending on recipe
- Whisk or spoon
- Silicone gummy molds or small tray
- Refrigerator

HOW TO DO IT

- 1.** Choose the recipe before starting and place every ingredient and tool on the counter.
- 2.** Let the child measure the ingredients. Use the measurements as a quick math lesson - full cup, half cup, tablespoon, etc.
- 3.** An adult handles any hot stove, microwave container, or hot liquid. The child can stir once the mixture

is safe to handle.

4. Pour or spoon the mixture into molds. Count how many gummies were made or divide the colors/flavors into groups.
5. Refrigerate for the time required by the recipe, then remove the gummies and taste-test the result together.

Safety / Parent Note: Check allergies and choking risk. Adults handle hot liquids and cooking surfaces.

23. Make Slime

IA - Intellectual / Hands-On Activity

MATERIALS

- A simple child-safe slime recipe
- White school glue
- Recipe-approved activator
- Mixing bowl
- Spoon
- Food coloring (optional)
- Glitter or safe add-ins (optional)
- Washable table covering
- Storage container

HOW TO DO IT

1. Cover the work surface and read the recipe all the way through before mixing anything.
2. Let the child measure the glue and other ingredients into the bowl.
3. Add color or safe decorations, then add the activator gradually while stirring.
4. When the mixture begins to pull together, knead it with clean hands until the texture changes from sticky to stretchy.
5. Experiment with small changes and talk about what happens when the mixture becomes too sticky or too firm. Store it in a sealed container when finished.

Safety / Parent Note: Use only child-safe recipes and ingredients. Do not taste slime. Wash hands afterward and keep it away from very young children or pets.

24. Meet a Neighbor

CA - Community Activity

MATERIALS

- Parent or trusted adult
- A nearby neighbor the parent already considers appropriate to approach
- Optional small introduction card or baked item if the family wishes

HOW TO DO IT

1. Choose the neighbor with the parent first. Do not have the child independently select a stranger's

house.

2. Practice a short introduction at home: 'Hi, I'm _____. We live nearby. What's your name?'
3. Approach together during a reasonable daytime hour. The adult remains present for the entire interaction.
4. Have the child introduce themselves and ask one or two simple questions, such as how long the neighbor has lived there or whether they have a pet.
5. Afterward, talk about what felt easy or difficult. The next time, the child can try doing slightly more of the conversation.

Safety / Parent Note: Never require the child to enter another person's home, share private family information, or continue an interaction that feels uncomfortable.

25. Faith & Reward Day

CA - Family / Community Activity

MATERIALS

- Family-selected religious or spiritual activity
- Planned schedule
- Pre-agreed reward such as ice cream, an outing, or a defined amount of gaming time

HOW TO DO IT

1. Choose the activity together - church, synagogue, mosque, religious class, family prayer, service project, or another practice appropriate to the family's beliefs.
2. Tell the child in advance what the day's plan is and what the reward will be afterward. Keep the reward specific rather than open-ended.
3. Attend or complete the activity together. Encourage the child to participate at an age-appropriate level rather than simply waiting for the reward.
4. Afterward, ask one simple reflection question: What did you notice? What did you learn? What did you like or dislike?
5. Follow through with the planned reward. If the reward includes gaming, set the start and stop time before gaming begins.

Safety / Parent Note: This is optional and should match the family's own beliefs and practices. The goal is positive family structure, not coercion.