



# *MANGROVE COMMUNITY GADGET FREE DAY*



*2<sup>nd</sup> Tuesday of every month*

## **At Home**

### **1. Guidelines for the day**

- Phones, tablets, laptops, TVs, gaming devices etc. counts as a gadget.
- We will not be using our gadgets except any emergency.
- We can keep essential use exceptions (emergency calls, alarm clocks, etc.).

### **2. Alternative Activities**

- Family board games or card games.
- Cooking or baking together as a fun bonding activity.
- Arts and crafts: painting, drawing, DIY projects.
- Reading time with books or magazines.
- Outdoor time: walks, gardening, or visiting a park.

### **4. Tech-Free Zones**

- Make bedrooms, dining rooms, and living rooms gadget-free zones for the day.

### **5. Reflect at the End**

- Have a family discussion about how the day felt.
- Encourage sharing what was enjoyed or learned from the experience.

## **At School**

### **Student Encouragement**

- Interactive lessons will be provided that do not require gadgets.
- Students will have group activities, storytelling, and creative writing.
- Students will have Art sessions, or music instead of screen-based learning.
- Reading circles or book swaps.
- Classroom debates or discussions on interesting topics.
- Make posters on the benefits of reduced screen time.