

"The goal isn't a screen-free life. It's a life that's full of what really matters"

-Christina Crook-

SETTING UP FAMILIES FOR Summer Screen Success

● Lethbridge School Division Digital Wellness 2025

MAKE A SUMMER SCREEN PLAN

Set a plan before summer begins—once vacation mode hits, it's harder to reset.

Further consider:

- Family agreement/ house rules.
- Weekday vs weekend expectations.
- Screen free times & zones (mealtimes, bedtime, outside, etc.).
- Flexibility (weather, movie nights, etc.).

Involve youth in the creation of the plans, they'll better stick to it if they help create it.

POWER OFF

WHY?



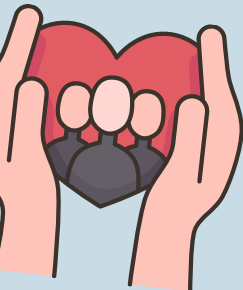
SET PERSONAL SUMMER GOALS

Personal goals keep youth motivated, focused, and proud of their progress.

This may include:

- Reading challenge.
- Skill-building (sport, art, music, etc.).
- Fitness or wellness goal.
- Volunteer or stewardship project.

Use fun check points (stickers) to track progress and accomplishments.



WHY?

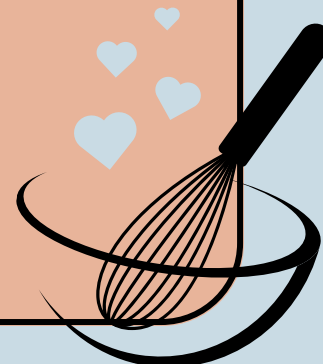
SPARK CREATIVITY, CURIOSITY, AND CONNECTEDNESS

Youth are naturally creative—however they need opportunity and encouragement.

Simple ways to spark offline fun:

- Summer bucket list.
- Creativity kits (games, crafts, art, etc.).
- Cook together, play together, explore more together.

WHY?



Boredom isn't bad. Boredom is the launching point for creativity and imagination!

LOCAL EVENTS, RESOURCES, & ORGANIZATIONS TO EXPLORE MORE...

- Get Outside 101 Activities

[CLICK HERE](#)



- Building Brains Together

[CLICK HERE](#)



- Helen Schuler Nature Centre

[CLICK HERE](#)



- Lethbridge Public Library

[CLICK HERE](#)



- Fort Whoop

[CLICK HERE](#)



SUMMER SCREEN SECRETS

Within your home!



Tech Plan

Encourage everyone to be involved in creating a healthy tech plan that meets your family's needs and constraints. Once you've developed a plan that verifies feedbacks, validates its accuracy, and meets everyone's perspectives (vantage points), post it somewhere visible. With clear expectations in place, you'll experience far fewer screen time battles.

Visit the Library

Calling all curious minds and innovative souls! Unleash your imagination and reach for your goals. The library's your portal, a world to explore. New stories, new skills, what are you waiting for? Check out one of the awesome locations today to fuel your passions, interests, knowledge, and skills.

Reset the Room

Transform your living room into a playful haven! Clear the clutter for open space, rotate toys for a fresh selection, and add open-ended materials like cushions or craft supplies. This sparks imagination and ignites endless exploration for learners!

Boredom Fuels Creativity

Creativity flourishes when boredom is embraced. Boredom, typically seen as negative, can serve as a wellspring of creativity. Boredom highlights the absence of external stimuli prompting the mind to wander and delve into deep thoughts and imagination. Boredom can serve as an opportunity for creative exploration.

Avoid Screen Time Rewards

Skip the screen time reward charts this summer! While they may have helped manage screen time initially, they may create a dependence on technology for relaxation and fun. We want to encourage creativity, autonomy, and connectivity in our plans and initiatives this summer to inspire our innovative learners!

Disconnect to Reconnect

Frequent disconnects offer a chance to reconnect with what matters most. There are no hard and fast rules. Find ways to disconnect that work for your family, like tech-free dinners, family game nights, or techless drives together. By disconnecting to reconnect, you'll spark conversations, curiosity, and a stronger sense of connection.

Be the change

While screens may have their time, space, and place, let's lead by example and intentionally embrace challenges to spark imagination, intentional play, and well-being. Recognizing that necessary screen time may occur from time to time, we can still champion opportunities for creativity, disconnected play, and reflective moments with our youth whenever possible.

More Dream and Green time!

Don't let screens steal your summer scenes! This season, intentionally unplug, step outside, and let your imagination soar. Outdoor play and quiet moments of daydreaming are wonderful ways to boost creativity. Give your mind the gift of wandering and recharge in the beauty of nature this summer. Start your adventure today with our "Playground Passport" activity!

WHAT TODAY IS TIME WELL-SPENT?
-TRISTAN HARRIS-

Make it a 90's

Summer

Tired of the summer boredom blues? Let's ditch the screens, rewind to timeless tunes and outdoor play, and make this a summer of unforgettable fun, just like the good old days!

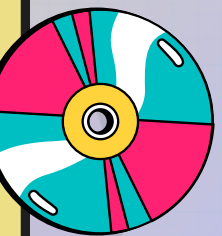
Outdoor Play & Exploration

- Games; Kick the Can, Capture the Flag, Flashlight tag, etc.
- Picnic at a new park once each week.
- Ride bikes to go get a summer treat.
- Super Soakers!
- Rollerblading!



Creative & Imaginative Play

- Make a summer craft; tie-dye shirt, Rube Goldberg, friendship bracelets, etc.
- Creating a mix CD or cassette tape with your favorite songs.
- Engage in tactical play; Lego, action figures, marbles, etc.
- Learn a card or magic trick.



- Yard work!
- Create a lawn mowing or service based business.
- Cook breakfast, lunch, or dinner for your siblings or family.
- Learning to fix a bike tire or chain.



Life Skills & Responsibility

- Play the 90's or some old school tunes!
- Master the Rubik's Cube algorithm.
- Read a graphic novel.
- Complete an analog activity.
- Sit with boredom in nature- it can lead to some of our best ideas and reflective moments.



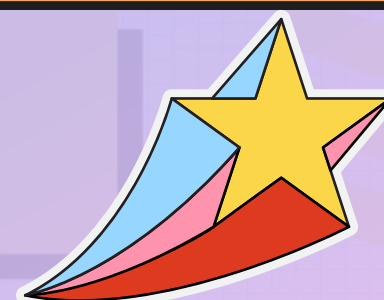
Relaxation & Mindfulness

90's Unplug,



Play,

Create!





Welcome to our City of Lethbridge Playground Passport!

Embark on a playful quest across Lethbridge, discovering nine unique playgrounds, capturing fun-filled memories with your family.

Lethbridge

01

Sequoia Park:

Find the *giant slide*. Take a picture of someone sliding down.

02

Nicholas Sheran:

Find the *train/coal mine* themed playground. Take a picture pretending to drive the train.

03

Henderson Park:

Find the *accessible flooring and ramp*. Take a family portrait of everyone on the playground.

04

Indian Battle

Park: Find the natural playground. Take a picture climbing on the *stone rattlesnake*.

05

Norbridge Lions

Park: Swing set fun. Take a picture that captures the joy of swinging freely- laughter is a must!

06

Sunridge Park:

Find the *hand-powered trolley*. Take a picture of someone powering the trolley.

07

Tartan Park:

Find the *castle themed* playground. Take a picture of the family in front of the castle.

08

Gyro Park:

Find the *turtle*. Take a picture of someone sitting on top of the turtle.

09

Legacy Discovery

Park: The choice is yours! Take a picture exploring your favorite part of this playground!



Welcome to our City of Lethbridge Playground Passport!

Use the visuals and directional cues in
this guide to help you identify key
features and navigate your quest!



Lethbridge

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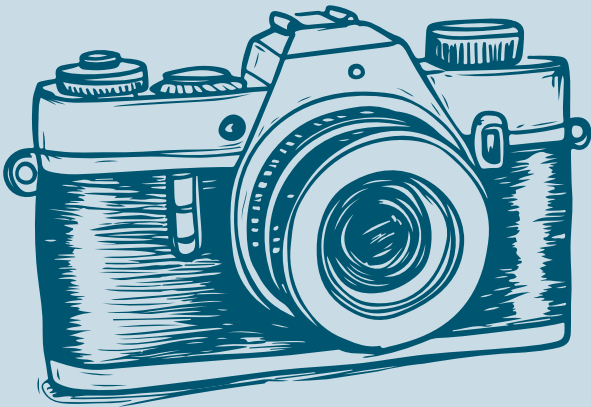
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Welcome to our City of Lethbridge Playground Passport!

Print this sheet to track your progress and make a lasting collage of your community adventures! Simply glue your photos in the provided spaces and share all your amazing memories of summer enjoyment.

Lethbridge



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