

THE ACTIVITY EXCHANGE MENU

Ready-made replacements for “now what?”

from The Screen-to-Self-Control Reset™ — by Naya

Pick these before the screen ends, not during the standoff. Offer two choices at the final signal.

PHYSICAL

Burns off leftover energy — good after gaming.

- Football
- Skipping rope
- Dancing
- Short obstacle course

CREATIVE

Good after videos, or anytime hands need something to do.

- Drawing
- Lego
- Crafts
- Journaling

QUIET

Good before bed or before homework.

- Reading
- Puzzles
- Audiobooks
- Board games

RESPONSIBILITY

Gives a sense of contribution and purpose.

- Helping cook
- Setting the table
- Feeding a pet
- Tidying a shelf

CONNECTION

Rebuilds contact after solo screen time.

- Family game
- A walk together
- Shared story
- Conversation

TIP: Ask for five minutes of the new activity, not an hour.

Starting is usually the hardest part — print this and keep it near the Screen Landing Zone.