

Find moments of opportunity to reconnect.

Here are some **helpful tips** to **take back time** and focus from our phones and reconnect in real life:

- Use spare time to reconnect - Instead of mindlessly scrolling while waiting in the car, at school pick-up, or during an appointment, take these moments to check in with family or friend
- Schedule device-free times with loved ones
- Plan activities with friends or family that require no screen time—whether it's going for a walk, cooking together, or playing a board game.

