

THE BIG

UNPLUG ADVENTURE

A no-screen activity book for ages 6-12



The Honesty Quiz

Real World vs. Screens

52 Activities to Try

Real-World Challenges

My Declaration

The 1-Day Challenge

Print this book. Grab a pencil. Put the screens away and begin.

Before You Begin...

Read this part. Just you. Nobody else needs to be here.

Nobody is making you do this.

Well, maybe someone handed you this book. But what happens next is entirely up to you.

This isn't about screens being evil.

Screens are tools. But this book is going to ask you some honest questions — and the answers might surprise you.

Here's the deal:

By the end of this book, YOU will decide whether you want to try a screen-free day. Not because a so-called grown-up said. Because YOU figured something out.

How to use this book:

Go in order. Answer honestly. Check off activities you try. At the end, there's a Declaration — but only sign it if YOU mean it.

My name is: _____

(Write it in. Make it yours.)

SECTION 1: The Honesty Quiz

Circle YES or NO. There are no wrong answers – just honest ones.

1 Do you have a memory from this year that made you laugh so hard your stomach hurt?

YES

NO

Your very best memories – where were they? On a screen or in real life?

2 Have you ever felt PROUD of yourself for making something with your hands?

YES

NO

That feeling of pride? It's called 'mastery joy'. Screens can't give you that. Only making real things can.

3 Is there someone – a friend, sibling, grandparent, pet – who makes you feel good just by being around them?

YES

NO

Real connection is what your brain is actually hungry for. Screens can never fully feed it.

4 Have you ever picked up a screen for '5 minutes' and found an HOUR had passed?

YES

NO

That's not your fault. Screens are engineered by the smartest adults in the world to make time disappear. Knowing this = power.

SECTION 1 continued: The Honesty Quiz

Keep going – you're doing great.

5 Have you ever watched other people's adventures on a screen instead of having your own?

YES

NO

Watching vs. living. You were born to be the main character – not the audience.

6 Is there something you WISH you were better at but feel you 'never have time' for?

YES

NO

The average kid spends 4-7 hours on screens daily. 30 minutes a day of practice = extraordinary skills in one year.

7 After a long screen session, do you sometimes feel weirdly empty or grumpy?

YES

NO

That's your brain asking for something real. Screens are a sugar rush. Real life is the full meal.

8 Do you ever feel like screens are in control of you – rather than you controlling them?

YES

NO

Admitting this is brave. And knowing it means you can change it – starting with just one day.

MY QUIZ SCORE

Count your YES answers: _____ out of 8

1-3 YES = ScreenZenMaster | 4-5 YES=Tug-of-War | 6-8YES=Time to Unplug!

Whatever your score –you answered honestly. That's everything.

SECTION 2: Screen World vs. Real World

Tick which column matches YOUR life more.

SCREEN WORLD

- Someone else's adventure
- Fake rewards & points
- Sitting still
- Watching people laugh
- Time disappears invisibly
- Ads tell you what to want
- Always one more to watch
- Other people's creativity

REAL WORLD

- YOUR own adventure**
- Real skills & real pride**
- Moving your actual body**
- Actually laughing**
- Memories you keep forever**
- You decide what matters**
- Real endings that satisfy**
- Your own ideas & inventions**

Did You Know?

Real laughter with a friend releases 3x more happy brain chemicals than laughing alone at a screen.
Just 20 minutes outside lowers stress hormones — no app in the world can do that.
Boredom grows new brain connections. Screen time mostly uses old ones.

SECTION 3: 52 Things To Do Instead

Check off each one you try. Aim for ALL 52!

SECTION 3: 52 Things To Do Instead

- Build a blanket fort
- Bake something from scratch
- Learn 3 magic tricks
- Try a new sport
- Create a comic strip
- Make paper airplanes
- Create a secret language
- Write a poem
- Run a lemonade stand
- Make friendship pins
- Press flowers
- Write a song
- Hold a talent show
- Draw a map of your street
- Write a story with a twist
- Make your own board game
- Write a letter to grandparents
- Go cloud-watching
- Interview a family member
- Plant a tree
- Do sports outside
- Learn a new card game
- Go on a bug hunt
- Learn to whistle
- Make slime
- Make a scrapbook
- Make friendship bracelets
- Silly obstacle course
- Start a garden from seeds
- Make a collage
- Hold a Mini Olympics
- Build a bird feeder
- Learn origami
- Paint rocks
- Create a treasure hunt
- Design your dream room
- Make a kite
- Have a picnic anywhere
- Go stargazing
- Nature scavenger hunt
- Write & perform a mini play
- Build with cardboard boxes
- Learn to juggle
- Cook a full meal yourself
- Tie-dye a shirt
- Make ice cream
- Make a time capsule
- Write a recipe book
- Make sock puppets
- Learn 10 constellations
- Learn to knit or crochet
- Write a choose-your-own adventure

My total: _____ / 52 activities tried!

SECTION 4: Real-World Challenges

Tree Whisperer

Find 5 different trees. Touch the bark. Smell the leaves. Draw one below.



Notes: _____

DONE!

Sound Collector

Sit outside with eyes closed for 5 mins. List every sound you hear.



Notes: _____

DONE!

Story Chain

Tell a story with someone – take turns, one sentence each, for 10 minutes.



Notes: _____

DONE!

Kind Acts Scout

Do 3 kind things for 3 different people today without being asked.



Notes: _____

DONE!

Junior Chef

Make a snack entirely by yourself – no recipe, just creativity.



Notes: _____

DONE!

Sunrise/Sunset Watcher

Watch the sky change colour for 10 minutes. No photos. Just watch.



Notes: _____

DONE!

SECTION 5: The Big Question

Answer YES or NO. Every honest answer leads somewhere important.

If screens disappeared for one whole day, would that be a total disaster for you?

YES

NO

YES means: Screens have become necessary to you. The question is – when did that happen?

NO means: You already know you can thrive without them. So... why not prove it today?

Do you believe the best moments of your childhood will be something you watched... or something you LIVED?

YES

NO

YES (watched): Think back to your favourite memory this year. Was it on a screen?

NO (lived): Exactly. So what are you waiting for?

Is there a version of you that's braver, more creative, and more adventurous – waiting just on the other side of one screen-free day?

YES

NO

YES: That version is real. It's you, without the distraction.

NO: Challenge accepted – try it and find out. You might be surprised.

Are YOU in control of your screens – or are your screens in control of YOU?

YES

NO

YES (I'm in control): Then a screen-free day should be easy. Go do it – prove it to yourself.

NO (screens control me): Being honest about that is powerful. One day can flip that around.



MY DECLARATION

This comes from me—not from a grown-up telling me what to think.

I, _____
have spent time today thinking honestly about screens and real life.
I discovered that my best memories involve

not a screen. I know that real laughter, real making,
real adventures, and real people matter most.
I know screens can steal my time without me noticing.
I know boredom is where my best ideas are born.
So today, I am choosing to

without screens – because I
WANT to, not because I was told to.

Signed: _____

Date: _____

(Your name)

Witnessed by: _____

(A person who knows you mean it)

Cut this out. Stick it somewhere you'll see it every day.



BONUS: My Screen-Free Day Planner

Plan your day before it starts. Real adventures need a real plan.

Morning (when I wake up)

What will I do FIRST instead of reaching for a screen?

Late Morning

One outdoor thing:

Lunchtime

I'll help make:

Afternoon

Creative challenge I'll try:

Late Afternoon

Who will I spend time with?

Evening

Something I'll make or build:

Bedtime

What was the BEST moment of today?
