

# Screen-Free(er) January

## What it is:

During the month of January, Washington District Library is asking you to commit to a screen-free(er) month!

What does screen-free(er) mean? That's different for everyone. For many of us, screens are an integral part of work, school, and everyday life — from shopping lists to homework, screens are an essential part of our daily routines.

We are asking you to pledge to limit your reliance on screens for entertainment during the month of January. Simply sign the pledge below before January 1, commit to less screentime in January, answer the questions on the back of this sheet, and return the pledge before February 16 to receive a prize.

Everyone who completes the challenge will receive a small prize and be entered to win one of five gift cards to local experiences.

The \_\_\_\_\_ household pledges to reduce  
(Last Name)  
screen time in January by relying less on screens for entertainment.

Date\_\_\_\_\_

Signed by (everyone in your household) \_\_\_\_\_

Phone\_\_\_\_\_

## How:

Setting expectations for screen time helps everyone know what to expect. Consider the following boundaries:

- Screen-free zones (i.e. no screens in bedrooms or bathrooms)
- Time limits on devices to curb scrolling
- No screens at the table
- Turn off unneeded notifications
- Screen time together: watch a movie or play a game together
- No screens an hour before bed

The back of this paper has a calendar with a screen-free activity every day. These activities are suggestions, not requirements — make screen-free(er) January work for you!

# Screen-Free(er) January

SU	M	TU	W	TH	F	SA
				1 Winter Hike	2 Board Game	3 Hot Cocoa Contest
4 Baking Project	5 Stargaze	6 Paint Snow with Watercolors	7 Send a Letter	8 Dance Party -Take Turns Being DJ!	9 Blanket Fort	10 Home Spa Day
11 Go Bowling	12 Make a 2026 Bucket List	13 Donate old toys and clothes	14 Breakfast for dinner	15 Snowball Fight with Cotton Balls	16 "Would You Rather?"	17 S'mores
18 Jigsaw Puzzle	19 Indoor Obstacle Course	20 Read!	21 Camp Indoors	22 Baking Soda & Vinegar Volcano	23 Craft	24 Volunteer
25 Themed Dinner	26 New Card Game	27 Hide & Seek	28 Go to the Library	29 Marshmallow & Glue Igloos	30 Fingerpaint (Adults Too!)	31 Indoor Picnic

**Answer the following questions, and return this sheet to Washington District Library for a prize!**

What was the hardest part? \_\_\_\_\_

What was your favorite part? \_\_\_\_\_

Did you try anything new? \_\_\_\_\_