

# #6 Less screens, more offline activities

Age group: **younger players**

Duration: **20 to 30 minutes**



## Objective

Using a memory game, get players to come up with offline activities (athletic, creative, artistic or other).

## Required materials

- None

**Preparation time:** 5 minutes

## How to play

1. Ask the group to sit in a circle (make sure they are spaced 2 metres apart).
2. Go first to get the game started. Complete the phrase “Less \_\_\_\_\_, more \_\_\_\_\_” with the words of your choice, for example: less screen time, more physical activity; less social media, more music; less TikTok, more improv; etc.
3. The next person to participate has to repeat your phrase and add their own.
4. The third participant has to repeat what the first and second person said, then add their own phrase, and so on.
  - If a player forgets a phrase, they lose their turn.
  - If three players make a mistake, the game starts over.
  - **Other suggestion:** For older groups, it can be fun to make the phrases rhyme, for example: less keyboard, more skateboard; less smartphone, more saxophone; less gaming, more biking; less computer, more soccer; etc.

## Review of the activity

This game helps participants become aware of the importance of screen-free pastimes and suggests various activities they can try. To encourage reflection, begin by asking them what their takeaway is from the activity. If you would like to go further, here are a few additional questions you can ask, depending on the participants' age and level of understanding:

ut of all these activities,  
is there one you would  
like to try?

Why is it important  
to enjoy some  
screen-free time  
once in a while?