

# 10 CHALLENGES

## TO REGAIN CONTROL OVER YOUR SCREENS

PAUSE

During the PAUSE CHALLENGE Week, aim to complete one challenge a day with your group of campers.

### 01. Game break

No video games on your console or on your cell phone (Hay Day, Clash Royale, Fortnite, etc.).

Take out a board game or a card game!



### 03. Meal without Wi-Fi

At home and at camp, take a (real) break to eat and put the screens aside.

### 05. Content Creator

Rather than watching other people's content online, use your creativity and create your own photo or video content with your cellphone.

### 07. Fewer screens, more time...

to read, draw, dance, cook, garden, swim, etc. Tonight, put your screens aside and do an activity offline.

### 09. Personalized challenge

You are the best person to know which technology component takes up too much space in your life and that of your campers. Create your own PAUSE challenge to complete with your group of campers.



[Pausetonecran.com](https://pausetonecran.com)



### 02. 100% present

Be offline the next time you hang out with your friends. Look up and give them your attention.

### 04. Network shutdown

Tired of scrolling? Score instead! Take a break from social media (Facebook, Instagram, TikTok, Snapchat, etc.) for a day.

### 06. Sleep without technology

Close all your screens at least an hour before going to bed and wait an hour after waking up before connecting.



### 08. The ultimate challenge

Do not go near any screen for entertainment purposes for 24 hours: no cell phone, no tablet, no computer, no TV, and no game console.

## THE INFLUENCER CHALLENGE

Go one step further and become a positive influencer by encouraging your campers to participate in one or more PAUSE challenge activities during the week.

Check out the PAUSE kit for some fun activity suggestions that promote healthy screen habits and more moments offline.

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