

# FOR A USE OF SCREENS THAT IMPROVES OUR WELL-BEING.

PAUSE

Pauseyourscreen.com



Dear camp counselor,

This summer, your camp will be participating in the PAUSE Challenge, an initiative that promotes balanced Internet and screen use to prevent the risks associated with hyperconnectivity.

During the week of your choice, we invite you to talk about screen use with your group, and to set challenges for your campers so they can experience exciting moments, screen-free! Various activities are offered, and they can be adapted to the age and needs of your group.

## WHY TAKE UP THE PAUSE CHALLENGE?

Internet and screens are part of our daily lives, and that's a good thing! But even though they're useful for studying, entertainment, and staying in touch with loved ones, screens can have a negative impact on our lives if they are overused or misused. Since screen time for many of us has increased significantly in recent years, it is more important than ever to put our screens on pause regularly and to rediscover the benefits of screen-free time. The aim of the PAUSE Challenge is to help us recognize the role of technology in our lives, and to try to improve our screen use habits so that we use them in a way that feels good.

## HOW DOES IT WORK?

As a counselor, you have considerable influence over your groups of campers because they imitate what they see. The PAUSE Challenge can also be a good opportunity for you to set screens aside for a few moments! First, we invite you to take a [fun quiz](#) (only available in French) to discover your profile and see how you can improve your habits. By using your cell phone in a more mindful and positive way, you become a positive role model for your campers. You can then take advantage of the PAUSE Challenge week to talk with your group about the different ways of keeping a balance between life online and offline. Since you know better than anyone which aspect of tech is taking up too much space in your life and that of your campers, we'll leave it to you to choose the best PAUSE challenge to take on with your group.

The following tools are offered:

- **Kit of 10 activities** that you can do with your group
- **Activity sheet** presenting **10 challenges** to try with your campers

## PARTICIPATION PRIZE

By participating in the PAUSE Challenge, your camp will have a chance to win one of three Paper Shoot cameras. All you need to capture screen-free moments this summer!

## FOR MORE INFORMATION:

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