

Screen-free day reminder



Our world runs at such a fast pace, sometimes we need to remind ourselves to take a step back, have a look, think about the important things in life and slow down.

It can be tough for children living in this modern world, there is almost too much to offer! I believe it is important to remember the basics of childhood, fun, laughter, running around, fresh air and family time.

For this reason I am organising a [‘screen-free’](#) day on 19th January, where I am asking people to join me, in turning off the screens, for 1 day and getting back to basics. I would like bloggers to write about their experiences on this day, easy, difficult, quality time, fun? Whatever happens, it would be great to spread the word and remind everyone, we all need to remember the basics. Then add the posts to a link I will put up on 22nd January to find out how everyone got on. Please grab the badge below to help spread the word.

I have been thinking about what we are going to be doing on our ‘screen-free’ day and I must admit I am actually getting quite excited. I think we will have some free play/walk/garden play in the morning whilst cooking dinner. Then a traditional sunday roast together followed by a crafty activity and games. What has stumped me, is the adult evening with no computer or tv! So hubby and I have been talking and I think it would be fun to get some old board games out to play together when the kids have gone to bed.

Are you going to be joining in with the ‘screen-free’ day? What plans do you have?

Here is my list of [65 winter screen free activities](#) to give you some inspiration.





Screen free day
Sun 19th Jan 2014
with
Letkidsbekids.co.uk