

# Screen-free day link up

Hurrah!! We did it! All screens were turned off for 24 hours on Sunday!

Well done to everyone who took part in Screen-free day. I hope you enjoyed it, without mutiny from the children.

We found it quite refreshing, a slower paced day. It seemed peaceful (bar the children's noise of course) and fairly invigorating. You can read all about what we got up to [here](#).

It was lovely to concentrate on ourselves, both family and individually, without the constant nag of 'I must just check my email, twitter or Facebook etc, or look this up on the internet'. We utilised the opportunity for interacting as a family more, playing and reading together.

I personally found it liberating to feel I could embrace a positive family day together, without stimulation or entertainment from technology, just purely based around our own imagination, interaction and play.

As parents we both agreed it was nice to share simple activities like cooking Sunday lunch and completing a practical challenge together and on reflection, we both agree we would like to do more screen-free days throughout the year.

This experiment opened our eyes to just how much technology influences us and consumes our attention through the day. Our children have been known to pull us up on it and tell us off. This I think is the biggest alarm and feedback you can get.

So, how did you get on? Was it a good experience for everyone? Who struggled the most, children or adults? Would you do it again?

Please let us know how you got on and link up a post about your screen-free day below.

