

**WHAT IS BETTER BEDTIMES?**

A simple routine that helps children reduce screen use before sleep and build habits that support healthy rest and energy.

**WHY IS IT IMPORTANT?**

Phones and tablets emit blue light that delays the release of melatonin, the hormone that prepares the body for sleep. Activities such as gaming, social media use, and rapid scrolling also keep the brain highly stimulated. This makes it harder for children to relax and fall asleep. Poor sleep often leads to tiredness, reduced concentration, and a sense of emotional imbalance the next day. By learning to reduce screen use before bedtime and replace it with calm and purposeful activities, children can develop healthier digital habits while still using technology in a balanced way.



**What will this task teach my child?**

- Resourcefulness
- Growth Mindset



**TIPS**



**TIP 01**

Set a clear family rule: avoid screens before bedtime. Allow only sound-based tools such as audiobooks, calming music, or meditation apps.



**TIP 02**

Encourage your child to lower screen brightness in the evening.



**TIP 03**

Show your child how to activate "night mode" or blue light filters on their device.



**TIP 04**

Model the same behaviour yourself by avoiding social media or phone use in bed.

**PROPOSED ACTIVITIES**



**Children from 10-12**

Invite your child to try two different evening routines on separate nights. On the **first night**, allow normal phone use right before bedtime. On the **second night**, ask them to stop using the phone at least **30 minutes before sleep** and replace it with a calming activity, such as listening to an audiobook, writing a short journal entry, or playing quiet music.

The next morning, ask your child how they feel. Encourage them to notice their **energy level, mood, and ease of waking up**. Compare the two mornings together.

**Reflection question:** "Which routine helped you fall asleep more easily and wake up ready for the day?"

**Children from 12-14**

Invite your child to conduct a **one-week sleep experiment**. For half of the week, they may use their phone until bedtime as usual. For the other half, ask them to **stop phone use at least 30 minutes before sleep** and replace it with a calming activity such as listening to an audiobook, journaling, reading, or relaxing music.

Each morning, your child rates their sleep quality and energy level on a scale from 1 to 5. At the end of the week, review the results together and discuss what they noticed about their sleep and mood.

**Reflection question:** "What did you discover about how different types of phone use affect your sleep and mood?"

**RESOURCES**



**Digital Family Agreement Template** - A printable template that helps families set clear rules for device use at home and outside the home.

**Kids & Tech: 12 Tips for Parents in the Digital Age** - Guidance from the American Academy of Pediatrics with practical advice for building healthy digital habits.

**Free Screen Time Resources for Parents** - A collection of tools and tips that help families balance screen use, encourage offline activities, and set realistic boundaries.





**What will this task teach my child?**

**Key competences:**  
Critical thinking, digital literacy, resourcefulness in evaluating digital content

### WHAT IS DIGITAL AUTHENTICITY?

Understanding whether images, videos, and content online are real or created by artificial intelligence to think critically about what we see.

### WHY IS IT IMPORTANT?

AI can now create realistic images, videos, and text that look authentic but aren't real. Children need skills to question what they see online and understand the difference between human-created and AI-generated content. This builds critical thinking and helps them navigate digital spaces responsibly. Learning to spot AI content also teaches resourcefulness in finding clues and using tools to verify information. Developing a growth mindset about these new technologies helps children see AI literacy as a learnable skill, empowering them to be thoughtful digital citizens who use AI ethically.



### TIPS



#### TIP 01

Set aside time weekly to explore online content together and ask "Could this be AI-generated?"



#### TIP 02

Encourage your child to look for clues like unusual patterns, strange details, or too-perfect images.



#### TIP 03

Discuss how AI tools can be used helpfully and harmfully, building ethical thinking.

### PROPOSED ACTIVITIES

#### Children from 10-12

Play "Real or Fake Detective." Collect 5-6 images from online (mix of real photos and AI-generated ones from free AI tools). Ask your child to examine each image closely, looking for odd details, such as: extra fingers, weird text, unusual backgrounds, or unnatural lighting. Create a scorecard together rating each image. Then reveal which were AI-generated and discuss the clues.

**Reflect together:** What clues helped you most when guessing the AI generated images?

#### Children from 12-14

Challenge your child to use a free AI image generator (with supervision) to create realistic-looking images. Then, have them create a presentation explaining how they made the images and what clues might reveal they're AI-generated. Discuss ethical questions: When should AI images be labeled? Is it okay to share AI content as if it's real? Have them research one real-world example of AI content causing confusion.

**Reflect:** How can we use AI creatively while being honest about its use?

### RESOURCES

[AI or Not](#) - Free online tool to test if images are AI-generated, perfect for family practice

[How to Spot AI Generated Images](#) - A Youtube video that spots the differences between real images and AI generated images.

[Microsoft Bing Image Creator](#) - This website creates AI generated images for free and it can be really useful for the second activity (Children from 12-14)

### WHAT IS GOAL SETTING WITH DIGITAL TOOLS?

Teaching children to set SMART goals and track progress using apps, digital planners, and online achievement boards.

### WHY IS IT IMPORTANT?

Goal setting empowers children to take ownership of their growth and builds confidence through visible progress. When children learn to set achievable targets and monitor their journey, they develop self-discipline, resilience, and motivation. Using digital tools makes goal tracking interactive and engaging while teaching valuable technical skills.

#### TIPS



##### TIP 01

Start with short-term, achievable goals that build confidence before moving to longer-term objectives.



##### TIP 02

Encourage your child to choose goals that genuinely interest them rather than imposing your own priorities.



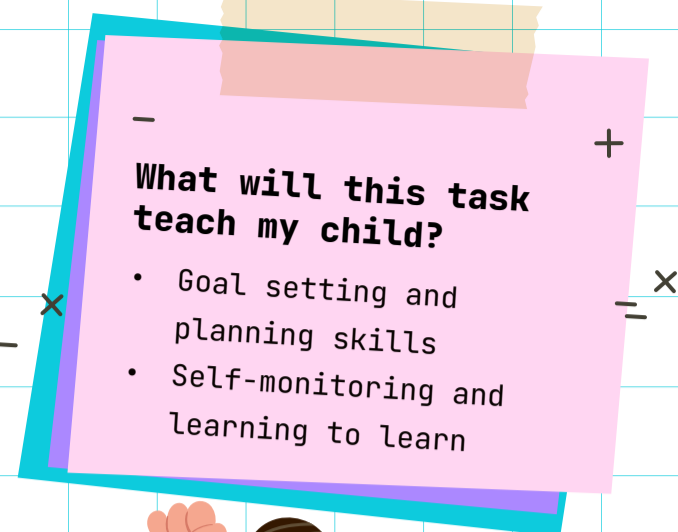
##### TIP 03

Celebrate effort and progress, not just final results, to build a growth mindset and intrinsic motivation.



##### TIP 04

Use digital tools that are age-appropriate, accessible, and fun to keep your child engaged in tracking.



What will this task teach my child?

- Goal setting and planning skills
- Self-monitoring and learning to learn

### PROPOSED ACTIVITIES

#### Children from 10-12

Have your child create their first SMART goal using a digital tool. Ask them to choose something they want to achieve this month. Together, break it down using the SMART framework on a free app like [Canva](#) (where the children will be able to decorate it as they see fit) or a simple spreadsheet with colorful progress bars. Help them identify specific daily or weekly tasks, then create a digital reward chart with stickers or badges. Each week, review their progress together and adjust the plan if needed.

**Reflection:** What did you enjoy most about tracking your goal digitally? What would you do differently next time?

#### Children from 12-14

Have your teen create a digital vision board using [Canva](#) as their phone wallpaper, filling it with images, quotes, and stickers representing one main goal for the next month. Then, help them set up a simple Google Sheet or Notes app checklist where they track daily tasks with colorful emojis. Each Sunday, have them take a "progress selfie" holding a sign showing their accomplishment that week or create a short 10-second video diary on their phone saying one thing they learned. At the end of the month, they make a photo collage of all their progress moments and share it with the family.

**Reflection:** What was the most satisfying moment to capture? How did seeing your weekly progress help you stay motivated?

### RESOURCES

[Montessori Goal-Setting Practices](#) - Child-centered strategies including vision boards, journals, and self-assessment techniques.

[SMART Goals for kids](#) - Explore student-centered strategies for understanding the SMART framework and applying it to create effective SMART goalscollaboration