

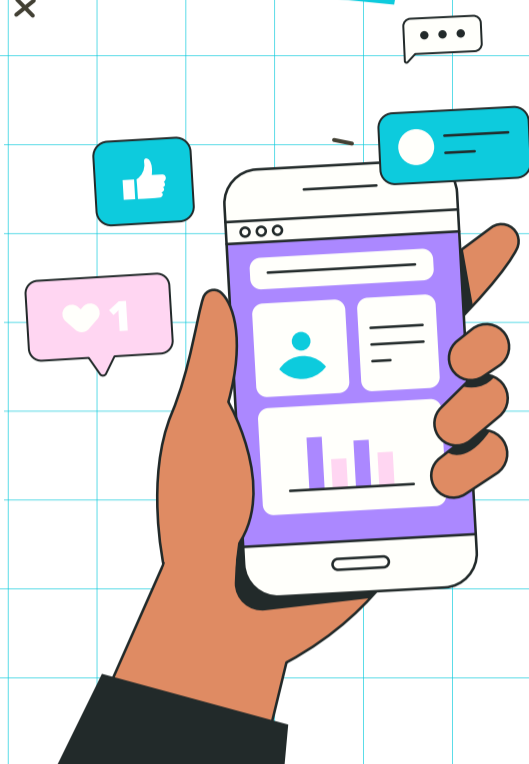
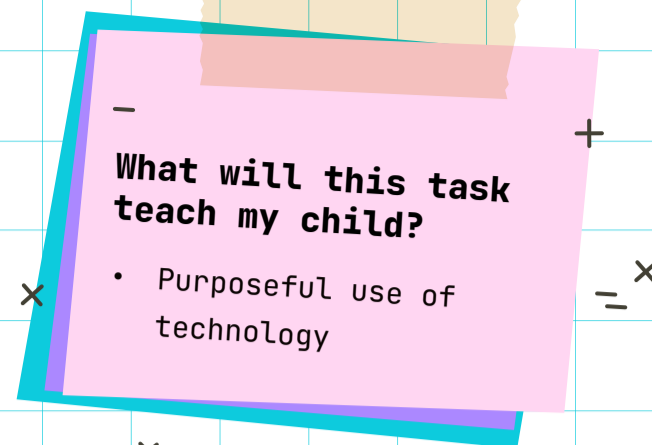
WHAT IS AN APP REVIEW?

A family discussion where parents and children explore the apps they use, talking about what each app does, how it makes them feel, and whether it helps or distracts from learning, connection, and well-being.

WHY IS IT IMPORTANT?

Reviewing apps together helps children build awareness of how technology affects their mood, focus, and relationships. It supports digital safety by helping children develop critical thinking skills to identify trustworthy, age-appropriate platforms and by encouraging a balance between screen time and real-life activities.

When parents take part with their children, children feel supported rather than controlled, promoting healthy engagement and open communication about online choices. This shared experience supports self-regulation, critical thinking, and responsible digital citizenship, which are all essential for well-being in a digital world.



TIPS



TIP 01

Set a family rule to review new apps together before downloading them.



TIP 02

Encourage your child to notice how each app makes them feel – calm, curious, or distracted i.e. “Rate mood from one to five after using the app.”



TIP 03

Create a weekly routine i.e every Sunday after 3pm for 5 min, to share favourite apps and how they are used.



TIP 04

Agree on “no-screen zones” (like dinner time) to maintain balance and connection.



TIP 05

Celebrate good choices by rewarding mindful app use with extra family time or a fun outing. Start with some verbal and non-verbal rewards, then reduce so that intrinsic motivation is encouraged.

PROPOSED ACTIVITIES

Children from 10-12

Ask your child to choose three apps they use most. Together, make an “App Adventure Board” using a poster or digital document that you will create on CANVA or Microsoft Word. For each app, write: What do I do here? How does it make me feel? Does it help me learn, connect, or relax? Use smiley or star stickers to rate each one.

Discuss which apps support their goals (learning, fun, creativity) and which might need limits.

End by choosing one new educational or creative app to explore together. Ask questions like “What was your favourite app and why?” “What was your least favourite app?” “Over time, how did it make you feel?” This encourages self-awareness and helps balance enjoyment with mindful screen

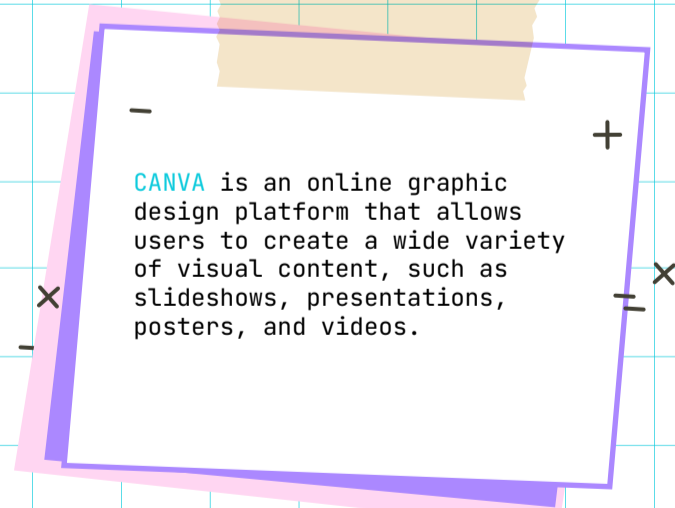
Children from 12-14

Invite your teen to be an “App Critic” for the night. Each of you picks one app to review using three questions: How does this app make me feel? Does it support or distract from my goals? Would I recommend it to others?

Write your reviews on a shared chart that you will create using CANVA or Microsoft Word, giving each app a score for usefulness, fun, and Well-being. Compare results and talk about differences in opinion respectfully.

Conclude by setting a “Top 3 Apps for Wellbeing” list. This builds critical thinking, positive communication and awareness of healthy digital habits.

RESOURCES



WHAT ARE HEALTHY HABITS

A habit is something you do regularly that shapes your everyday life and because of the repetition they create accumulated outcomes over time. Small, repeated actions like exercising, reading, or planning can add up to big improvements in health, focus, and happiness.

WHY IS IT IMPORTANT?

Helping children understand habits teaches them that success and well-being grow from small, consistent choices. Good habits support safety (like routines for homework or bedtime), balance (by managing time well), and engagement (through focus and progress tracking). When kids learn to use simple tools like planners or timers, they develop self-discipline and a sense of control over their day. Building healthy routines early also nurtures confidence, motivation, and emotional well-being, as children see that their actions lead to positive results—encouraging a lifelong growth mindset.

TIPS



TIP 01

Start small, help your child understand the concept of doing something repeatedly and the effect that has over time, rather than a one-time, considerable effort.



TIP 02

Pick an easy, meaningful habit to focus on each week, and explain that this will manifest as a habit in two to three weeks.



TIP 03

Use visual tools, like creating a checklist or tracker together, to celebrate progress.



TIP 04

Set a reminder or timer to make the habit part of a daily routine.



TIP 05

Celebrate consistency rather than perfection with kind words or shared activities.



What will this task teach my child?

- Self Awareness
- Emotional resilience



PROPOSED ACTIVITIES

Children from 10-12

Ask your child to choose one healthy habit (like reading 10 minutes daily or cleaning their study area).

Together, design a “Habit Heroes Chart” (use Canva or Word) with seven boxes for the week. Each day they complete the habit, they colour or sticker one box.

Use a kitchen timer or phone alarm to remind them at the same time daily.

At the end of the week, review the chart and discuss how it felt to stay consistent. Ask questions like “Which habit was the easiest to take on this week?” “Did you notice any changes between taking on different habits?” “What made you continue to do these habits?” Were there any that were more difficult to do throughout the week, why?” Praise their effort and talk about what new habit they’d like to add next. This builds self-discipline, pride and time awareness.

Children from 12-14

Ask your teen to identify two habits that matter
1. For well-being (e.g., exercise, mindfulness) and
2. For productivity (e.g., homework planning).

Help them create a simple planner page (i.e. on Canva) or use a digital app to track progress. Show them how to set daily reminders and use short timers (like the Pomodoro method) to stay focused.

Encourage them to reflect each evening: What went well? What could improve tomorrow? At the end of the week, review progress together and celebrate growth.

This fosters autonomy, purpose, and achievement while teaching time management and personal responsibility.



RESOURCES

FamiLami Habit Tracker - A gamified habit tracker for kids created by experienced child psychologists to support children in building daily routines, learning responsibility, and developing good habits - especially for kids with ADHD and difficulties in self-organisation.

Pomodoro tracker - For staying focused and tracking Habit Time



What will this task teach my child?

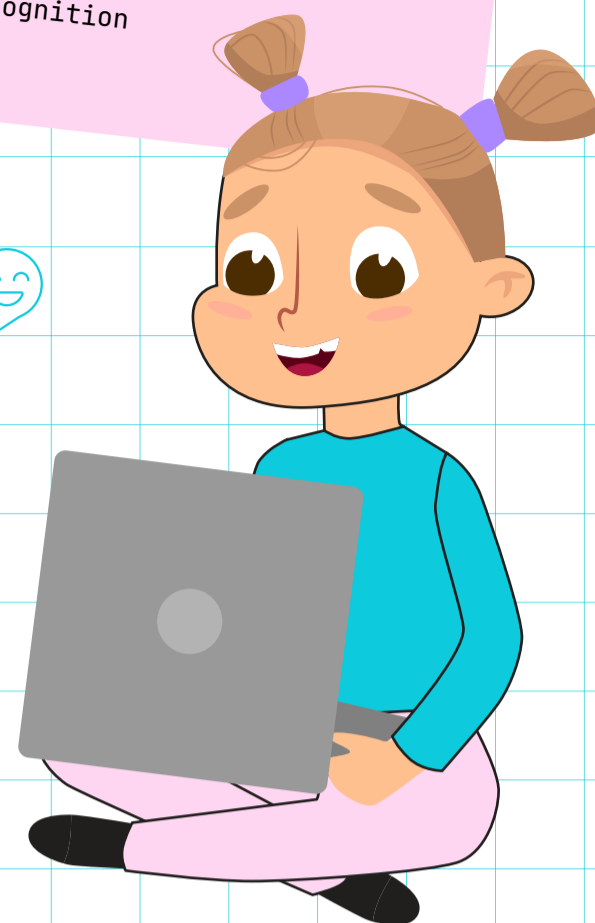
Metacognition

WHAT IS "MANAGING DISTRACTIONS"?

Tactics and age-appropriate tools (gamified or not) to manage distractions and address the issue of attention.

WHY IS IT IMPORTANT?

Managing digital distractions is crucial for well-being because it builds metacognition (the skill of controlling one's own attention). In digital life, constant interruptions (notifications, passive scrolling) disturb focus and prevent productive use. By applying focus tactics like Pomodoro, children are able to purposefully use technology for skill development and not only for passive consumption.



TIPS

TIP 01

When beginning a task, challenge your child to set a simple timer for just 15 minutes and commit to working without switching tabs or checking anything else.



TIP 02

Set a family rule that for one hour each evening (e.g., 7:00 pm to 8:00 pm), all device notifications are muted, for everyone. Use this time for focused digital tasks (like homework or a creative project) or focused family connection.

PROPOSED ACTIVITIES

Children from 10-12

Set a visual timer for 15 minutes and label it "focus time".

Ask your child to focus on a task for 15 minutes, without interruptions or checking any apps. When the timer goes off, your child gets to enjoy a 5-minute fun break to celebrate their uninterrupted time.

Reflection: "How did you feel about not interrupting a task for 15 minutes?"

Children from 12-14

Introduce the Pomodoro¹ technique to your child (25 minutes focus and 5 minutes break).

Ask them to choose a specific task that they know usually gets them easily distracted.

Start the timer for 25 minutes and during the break, ask them to reflect on the process: Did they lose focus before the 25 minutes? Do they need less or more focus time? Based on their answer, challenge them to create their own ratio for the next session, and have them own the process.

Reflection: "What did you learn about your brain's natural attention span?"

¹ The Pomodoro Technique is a time management method in which you do focused work during 25-minute intervals – known as pomodoros – and take a five-minute break. We love this method because it improves focus, minimises distractions, prevents burnout, promotes accountability and boosts motivation.

RESOURCES

Online stopwatch

Use a free, full-screen, online timer that shows the time disappearing (like a traditional time timer).

YouTube focus music

Good for creating a non-distracting music list to block out household noise and make focus time easier to achieve.

StayFocusd

Use Stayfocusd to block your child's top time-wasting sites to help them maintain focus time better.



What will this task teach my child?

Purposeful use of technology

WHAT IS "MINDFUL TASKS?"

Helpful to practice grounding and mindfulness in order to encourage purposeful allocation of time.

WHY IS IT IMPORTANT?

The digital world encourages passive, endless scrolling, leading to mental fragmentation. Teaching mindful attention helps children pause, check their internal state and decide why they use a device. This turns technology into a purposeful tool for learning or connecting, boosting focus and reducing digital overwhelm.



TIPS



TIP 01

Encourage your child to pause before opening an app or starting a digital activity and ask themselves "Why do I want to use this?"



TIP 02

Set a rule to leave your phone in an out-of-sight location once you come home or sit down for dinner. Model for your child and let them learn by observing your intentional actions.



TIP 03

Encourage your child to pause for 30 seconds when transitioning from a high-energy digital task (like gaming) back to real life. Ask them to name 3 things they can see, 2 things they can hear and 1 thing they can feel.

PROPOSED ACTIVITIES

Children from 10-12

Find a simple, small object (coin or bottle cap) and place it on a clear surface. Define one side as "Go" (scroll social media, watch a youtube video) and the other side as "Pause" (relax or connect with friends digitally). Before your child touches their device, ask them to pause, "spin" the object and read the outcome. According to the outcome, your child chooses where to spend their time.

Reflection: Ask "Did spinning the object make it easier to decide how you would use technology?"

Children from 12-14

Create three cards with your child: red, green, yellow. Each color matches a quick check-in. Green means "I feel ready and this task has a goal." Yellow means "I'm not sure. I might start scrolling without purpose." Red means "My body feels tense. I need to pause." Before they use their device for a non-school task, ask them to pick a card and place it next to the screen. If they choose yellow or red, they do a short reset action like a 30 second stretch or a drink of water, then choose again. This keeps the process active and helps them notice how they feel instead of rushing to the device.

Reflection: Ask "Which card did you use most today and why?"

RESOURCES

Web article "[Mindfulness for Kids](#)". A simple, short guide on how to introduce mindfulness to children, with parenting tips.

[Common sense education videos](#) - Short videos and guides that help children analyse how to use digital tools to support their purpose.