

THE SCREEN-FREE WEEKEND PLANNER

A simple way to reset, reconnect, and keep kids moving.

WEEKEND INTENTION

This weekend, we want to focus on:

ACTIVITY IDEAS

- Indoor activity centers
- Local parks and walking trails
- Libraries and community spaces
- Museums or hands-on exhibits
- Movement-based play spaces
- Backyard obstacle courses
- Family board game challenges

WEEKEND WINS

- Active for 60+ minutes
- Played with others
- Tried something new
- Spent time outside (if possible)
- Helped with a family task



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WHY TRY A SCREEN-FREE WEEKEND?

A full weekend without screens might feel unrealistic. This planner is not about perfection. It is about creating balance, building connection, and giving kids space to move, play, and explore. Even one intentional weekend can improve mood and focus, reduce sibling tension, increase creativity and strengthen family connection.

SATURDAY

Morning Energy Boost - What will get everyone moving?

Midday Activity - Something hands-on or creative:

Afternoon Reset - Quiet time, reading, drawing, or solo play:

Family Moment - Game night, walk, cooking together, or activity:

SUNDAY

Active Outing - Indoor or outdoor exercise:

Creative Block - Build, draw, craft, or explore:

Connection Time - One intentional activity:

Prepare for the Week - Sunday routine:

WEEKEND REFLECTION

What worked well this weekend?

Things to try next time:
