PAUSE ACTIVITY KIT

To raise awareness among youth about the benefits of having a balanced screen use

PAUSE

ACTIVITY KIT

Fun, ready-to-use activities
to do as a group to encourage balanced screen use and more offline moments.

#1 Offline pac-man

#2 Creation of a "pause your screen and enjoy" poster

#3 Collaborative story of a screen-addicted troll

#4 Less screens, more offline activities

#5 Guessing game of screen-free activities with pictures or gestures

#6 Paper ball game: the good and not so good of screens

#7 Snakes and ladders to test your knowledge

#8 Activity leader's choice

The name PAUSE and the website **pauseyourscreen.com** highlight the importance of **regularly unplugging from technology**.

About the PAUSE campaign

PAUSE is an awareness campaign that **promotes a balanced use of the Internet and screens** to prevent the risks associated with hyperconnectivity.
Specifically, PAUSE encourages **teens, young adults and their families** to stop and think about their digital habits and **take steps** to improve them so they can enjoy the benefits of the Internet without its harmful effects. The name PAUSE and the website **pauseyourscreen.com** highlight the importance of **regularly unplugging from technology**.

pauseyour**screen**.com
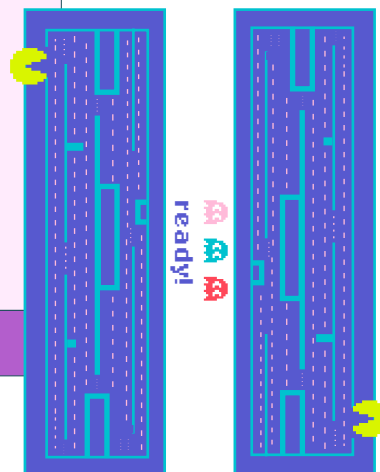
A campaign by: **Capsana** Activate your health

In partnership with: **Québec**

#1   Offline PAC-MAN

Age group: **all ages**	Duration: **15 to 30 minutes**

Objective

This game lets players experience a video game, but life size and offline.

Required materials

• Masking tape, chalk, jump rope or other
• Playing surface

How to play:

1. **Preparation**: If you don't have access to a gymnasium with predefined lines, you can create your labyrinth playing surface with masking tape, chalk, jump ropes, or any other available material.

2. Choose the player who will be the first PAC-MAN. You can identify them however you like or simply ask them to open and close their arms to imitate PAC-MAN's mouth.

3 Ask the other players to move along the lines of the labyrinth and to do their best to avoid PAC-MAN tagging them.

4. PAC-MAN has to try tagging the other players by moving along the lines.

5. When a player is tagged, they have to curl into a ball on the line and block the way for others. The other players will then have to turn around when they run into the curled-up player.

6. The game is over when all the players have been tagged except one. The last player standing becomes the next PAC-MAN.

Review of the activity

This activity brings attention to the difference between games that involve moving only the fingers and those that move the entire body. To encourage reflection, begin by asking your group what their takeaway is from the activity. If you would like to go further, here are a few additional questions you can ask, depending on the participants' age and level of understanding:
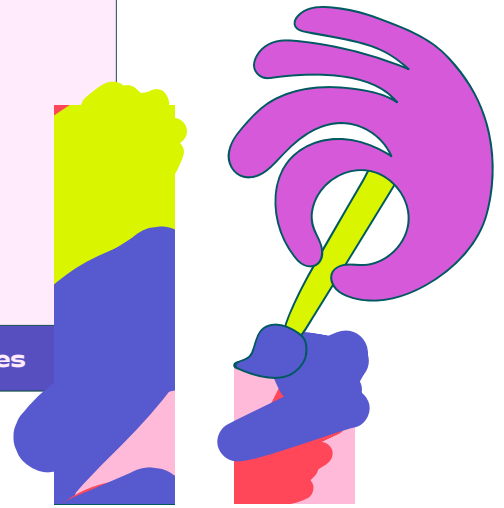
How do you feel when you are active?

What is the difference between this game and a video game?

This activity was inspired by Tremplin Santé's Pac-Man game.

#2 Creation of a "pause your screen and enjoy" poster

Age group: **all ages**	Duration: **20 to 60 minutes**

Objective

This game encourages players to let their imagination run wild and to use their creativity.

Required materials

• Coloured pencils, chalk, gouache, etc.
• Paper

How to play

1. Explain to the group that each person has to create an image, drawing, or comic strip that illustrates the importance of setting screens aside from time to time and doing something else. They can take inspiration from the slogan: "Pause your screen and enjoy". Enjoy doing what? It's up to their imagination!

2. **Other suggestions:** This activity can be carried out in several ways depending on the materials available and the age of the participants.

   • Create the poster on the ground using coloured chalk.

   • Create the picture as a group.

   • Offer different theme choices to the older creators, for example, video games, social media, smartphone use, etc.

   • Offer the choice of simpler themes to the little ones, for example, screen-free activities such as hockey, gardening, knitting, biking, etc.

Review of the activity

This activity focuses on offline activities and also encourages collaboration because the participants will have previously discussed the image, poster or drawing. To encourage reflection, begin by asking them what their takeaway is from the activity. If you would like to go further, here are a few additional questions you can ask, depending on the participants' age and level of understanding:

Why is it important to enjoy some screen-free time once in a while?

Out of all these activities, which are your favourites or which ones would you like to try?

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#3 Collaborative story of a screen-addicted troll

Age group: all ages

Duration: 20 to 30 minutes

Objective

Create a collaborative story that uses humour and exaggeration to describe the life of a screen-addicted troll.

Required materials

• None

How to play

1. Ask the group to sit in a circle (make sure they are spaced 2 metres apart).

2. Begin the game with one or two sentences to set the stage for the story, for example:
"Not so long ago, in a faraway land, there was a troll who spent all his time online."

3. Everyone takes turns adding one or two sentences to continue the story.

4. Encourage them to use their imagination and their storytelling or improvisation skills.

5. Continue the game for as long as you like. Let the players know when it is the last turn, so they can give the troll's adventure a funny ending.

Review of the activity

This activity tackles the negative effects related to Internet and screen use as well as the difficulties someone can have staying in control. To encourage reflection, begin by asking your group what their takeaway is from the activity. If you would like to go further, here are a few additional questions you can ask, depending on the participants' age and level of understanding:

> Do you know any tricks that can help you stay in control when it comes to screens?

> Which one have you used?

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#4 Less screens, more offline activities

| Age group: **younger players** | Duration: **20 to 30 minutes** |

Objective

Using a memory game, get players to come up with offline activities (athletic, creative, artistic or other).

Required materials

• None

How to play

1. Ask the group to sit in a circle (make sure they are spaced 2 metres apart).

2. Go first to get the game started. Complete the phrase "Less _____, more_____" with the words of your choice, for example: less screen time, more physical activity; less social media, more music; less TikTok, more improv; etc.

3. The next person to participate has to repeat your phrase and add their own.

4. The third participant has to repeat what the first and second person said, then add their own phrase, and so on.

• If a player forgets a phrase, they lose their turn.

• If three players make a mistake, the game starts over.

• **Other suggestion:** For older groups, it can be fun to make the phrases rhyme, for example: less keyboard, more skateboard; less smartphone, more saxophone; less gaming, more biking; less computer, more soccer; etc.

Review of the activity

This game helps participants become aware of the importance of screen-free pastimes and suggests various activities they can try. To encourage reflection, begin by asking them what their takeaway is from the activity. If you would like to go further, here are a few additional questions you can ask, depending on the participants' age and level of understanding:
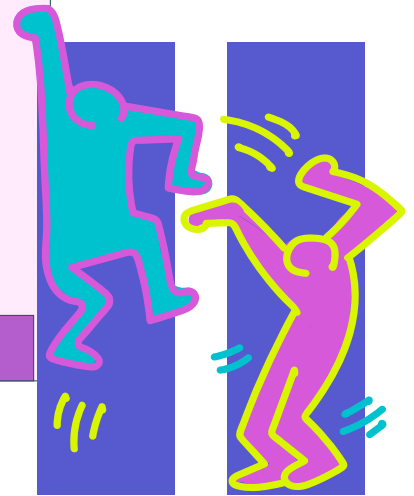
Why is it important to enjoy some screen-free time once in a while?

ut of all these activities, is there one you would like to try?

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#5 Guessing game of screen-free activities with pictures or gestures

Age group: younger players

Duration: 20 to 30 minutes

Objective

Get players to come up with screen-free activity ideas (athletic, creative, artistic or other) using a guessing game with pictures or gestures.

Required materials

• Paper and pencil if drawing

How to play

1. Ask the group to sit in a circle (make sure they are spaced 2 metres apart).

2. Go first to get the game started or choose the player who will draw or act out an activity first.

3. The other players can throw out guesses to figure out what the drawing or the gestures represent.

4. The player who guesses the activity is the next one to draw or act out an activity.

Review of the activity

This game helps participants become aware of the importance of screen-free pastimes and suggests various activities they can try. To encourage reflection, begin by asking them what their takeaway is from the activity. If you would like to go further, here are a few additional questions you can ask, depending on the participants' age and level of understanding:

Out of all these activities, which are your favourites?

Why is it important to enjoy some screen-free time once in a while?

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#6 Paper ball game: the good and not so good of screens

Objective

Make players think about the risks and benefits of screens using this guessing, acting and memory game.

Required materials

- Papers
- Pencils
- Timer or hourglass

How to play

1. Players take four pieces of paper and write a word on each one: two words they think are the good sides of screens and two words that are the not so good sides. They then crumple up the pieces of paper into balls and place them in a big bowl. Divide the group into two, three, or four teams (three to six players per team).

2. For the first round, the first team chooses a player who has to pick a paper ball and give clues to help team members guess the word. Once the team has guessed, the player keeps the word and picks another one. They have 1 minute to make their team guess as many words as possible. If the player doesn't understand the word, they have the right to "pass" and choose another paper ball.

3. When the minute is up, the bowl is passed to the next team, who has to do the same thing. Tell your group to listen attentively, because these words will come up in the second round. Once there are no more words, the team with the most paper balls wins!

4. The second round is played by putting the same words back into the bowl. The game starts over with the designated player being allowed to use only one word to help their team guess. The third round is played by only acting out clues, with no sounds or words.

5. The winning team is the one who guesses the most words in each round.

Review of the activity

This activity allows players to think about the good and not so good sides of screens. To encourage reflection, begin by asking them what their takeaway is from the activity. If you would like to go further, here are a few additional questions you can ask, depending on the participants' age and level of understanding:
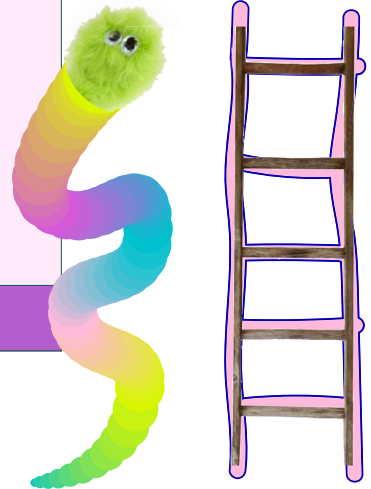
And for you, what is the biggest pro and the biggest con of screens?

In your opinion, of everything we said, what are the biggest pros and cons of screens?

#7 Snakes and ladders to test your knowledge

Objective

This game lets players participate in a life size board game and test their knowledge.

Required materials

• A dice (can be made out of 6 pieces of cardboard and adhesive tape)

• Masking tape or chalk (to create the board, the snakes and the ladders)

How to play

1. Preparation: Outline the game board on the ground with masking tape or chalk. You can choose how many squares are on the board, for example, 7 by 7 for a total of 49 squares. Number each square (from 1 to 49), reversing the order at every line, from the bottom to the top of the board. Place your snakes and ladders to link the squares of your choice. The ladders let players get to the end as quickly as possible, whereas the snakes bring them back to the beginning of the game.

2. Divide the group into two teams. Each team has to choose a human game token that will take their place on the first square of the game board.

3. The two teams roll the dice and the one that rolls the highest number starts.

4. During each turn, at random, ask the team who is playing to name a risk or a benefit related to certain types of online activities or technological devices. Here a few examples of categories: Instagram, Snapchat, video games, streaming, cell phones, etc.

5. If the team manages to think of a risk or a benefit, they can roll the dice and their game token can move forward. If the team doesn't come up with an answer, the other team can steal their turn, roll the dice, and make their token move forward.

6. The game ends when one of the human game tokens reaches the last square on the board.

Review of the activity

This activity helps players identify the benefits and risks associated with screens. To encourage reflection, begin by asking them what their takeaway is from the activity. If you would like to go further, here are a few additional questions you can ask, depending on the participants' age and level of understanding:

What is the positive side of the Internet and screens in your lives?

Have you ever experienced unpleasant situations online or because of screen use?

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#8 Activity leader's choice

Age group: _____

Duration: _____

Objective

Create your own awareness-raising activity, adapted to the needs of your group. Help players become aware of the benefits and risks of an online activity they like or of Internet and screen use in general.

Required materials

• _____

• _____

• _____

How to play

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Review of the activity

To encourage reflection, begin by asking players what their takeaway is from the activity. If you would like to go further, you can also ask additional, more complex questions, depending on the participants' age and level of understanding.

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