

The 7-Day Play Planner

One small block of real play, three times a day. That is the whole plan.

Fill this in on Sunday evening. Keep each slot small: ten to twenty minutes of real play is a win. Put the planner on the fridge. Tick the slots as you go, and do not aim for perfect. A two-thirds week is a very good week.

DAY	MORNING PLAY	AFTERNOON PLAY	BEFORE-BED WIND-DOWN
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Stuck for ideas? The 20 Activity Cards in this pack each fit one slot. antiscreen.co.uk/screen-free-activities.html has 50 more.