

THINK AHEAD AND THRIVE

*What's
Inside*

HOLIDAY
BUCKET LIST
WHAT TO DO
WITHOUT SCREENS
VIDEO GAME &
SITTER GUIDES
& MORE...

SCHOOL HOLIDAYS KIT

*How to
have a low-tech
break!*

BROUGHT TO YOU BY

SCREEN SANITY

A USTRALIA

TOOLS AND GUIDES

The school holidays can be a joy and a challenge. When routines disappear, screens often fill the gap. With some pre-planning you can enjoy more connection, creativity, nature, responsibility and intentionally curated screen time.



BEFORE THE HOLIDAYS BEGIN: THINK ABOUT HOW **YOU** CAN BE MORE **PHONE FREE**

School holidays can be a wonderful time to slow down and reconnect. But without a plan, it's easy to fall back on screens to fill the time. A little preparation can go a long way. This checklist will help you stay organised before the break begins, so you can spend more time together and less time scrolling for ideas.



Simple Ways to Get Ready

☐ Set TV and Movie Boundaries

Decide together when and how long screens will be used each day. Having set TV times helps create balance and keeps the focus on real world fun.

Explore [Common Sense Media](#) for age appropriate movies and shows your kids will love.

☐ List Your Shows and Movies

Write down a list of shows and movies you want to watch so disagreements and endless scrolling through trailers are minimised.

☐ Plan Chores and Tasks

Give your children small responsibilities that help the family run smoothly. Simple tasks like setting the table or watering plants build confidence and a sense of contribution.

☐ Use a Holiday Calendar

Sit down as a family and fill out your holiday calendar together. Add outings, creative projects, and downtime. This shared plan helps everyone see what's coming up and reduces the "what are we doing today" question.

☐ Small steps lead to big change.

By planning ahead, you're not just setting up a smoother holiday. You're showing your kids what it looks like to use technology with intention, not by default.

Tools to help!

HOLIDAY BUCKET LIST

A simple way to help your kids dream, plan, and do. Fill in ideas together and watch their sense of ownership grow.

HOLIDAY CALENDAR PRINTABLE

When you need a little more structure, this 14 day guide gives fun daily prompts to help kids and parents rediscover creativity, connection, and calm.

DOWNLOAD

Some inspo!

CREATE TOGETHER

Family Recipe Night

Have each family member pick a meal and rotate who leads dinner. Kids can design the menu or set the table.

Story Swap

Everyone writes or draws a short story, then swaps and reads them aloud before bedtime.

Mini Makers Market

Make handmade items (cards, bookmarks, friendship bracelets) and host a small "market" at home using play money.

Build a Family Time Capsule

Include photos, notes, and small objects from the year. Bury or box it for next holidays.

MOVE TOGETHER

Street Scavenger Hunt

Create a list of things to find in your local park or neighbourhood (a red door, a bird nest, a blue car).

Obstacle Course Olympics

Use chairs, ropes, or chalk to create challenges. Let kids design and time each round.

Dance Party Playlist

Each person chooses one song. Take turns as DJ and learn one fun dance move from each track.

Family Bike Ride Challenge

Choose a destination with a reward at the end (a playground, picnic, or ice-cream stop).

LET NATURE NURTURE

Tree Love

Learn the names of the trees in your backyard and around your suburb. Make a nature club with friends.

Picnic in a New Park

Explore a different Brisbane park each week. Take turns choosing the spot.

Mini Garden

Paint small terracotta pots and plant seeds in them. Track their growth on your holiday calendar.

Rock Painting Trail

Decorate rocks with kind messages and hide them for others to find.

CONNECT WITH COMMUNITY

Connect with Neighbours

Make a holiday gift and deliver them to neighbours.

Local Library Adventure

Visit your library and borrow books about animals, art, or science.

Community Engagement

Collect cans for a food drive, tidy a park, or bake treats for a friend or neighbour.

Family Film Club

Watch an age-appropriate classic together. What's different between then and now?

CALM AND REFLECT

Gratitude Jar

Write one thing each day you're thankful for and read them all on the last day of holidays.

Screen-Free Morning Routine

Start each day with breakfast outdoors or a quiet walk.

Journaling Time

Offer kids a simple notebook for drawing or writing thoughts about their day.

Board Game Night Rotation

Choose one night a week for board or card games. Rotate who picks the game.

Bonus Activity



Challenge
Can you play every board game in the house?

PRINT YOUR MAPS

Instead of relying on GPS, print your route before you go. Let your kids take turns navigating. It's a fun way to build independence, keep everyone off their phones, and put brains to work!

And remember: Not every day needs an outing. Some of the best memories come from slow, simple days at home.

Local fun IN BRISBANE

NATURE AND OUTDOOR ADVENTURES

Help your kids swap pixels for petals, bikes, and sunshine.

Roma Street Parkland – Pack a picnic, bring a ball, or wander through the playgrounds and gardens.

Walkabout Creek Discovery Centre (Enoggera Reservoir) – Spot native animals, paddle in the water, or rent a kayak.

Boondall Wetlands Reserve – Take a family bike ride along the Boondall Bikeway and see how many bird species you can spot.

Pump Tracks – Enjoy cycling, skateboarding, and other wheeled sports at your local BMX tracks.

Local splash parks and pools – Try Rocks Riverside Park in Seventeen Mile Rocks, South Bank Lagoon, or Ferny Grove Aquatic Centre for some cool fun.

Riverlife Adventure Camps – Scale the Kangaroo Point cliffs, kayak the Brisbane river and ride the Brisbane bikeways.

COMMUNITY CONNECTIONS

These small, local experiences help children build confidence and gratitude.

Visit a local farmer's market – Let kids choose ingredients and plan a simple meal together.

Volunteer as a family – Bake cookies for neighbours or join a local community clean-up day.

Host a backyard challenge – Build a cubby house, plant veggies, or set up a “family Olympics.”

Create a photo journal – Capture memories of your adventures and print them out to share around the dinner table.

CREATIVE AND CURIOUS SPACES

Encourage imagination through hands on creativity.

Museum of Brisbane – Discover local stories through art and interactive exhibitions (free entry).

QAGOMA Children's Art Centre – Always changing, always inspiring. Let your kids create, explore, and imagine.

Brisbane City Libraries – Check out your local library for free storytime, maker workshops, or book treasure hunts.

Reverse Garbage Queensland – Join a recycled craft workshop and turn ordinary materials into art.

Escape Rooms – Grab a group of friends and try to escape using only your wits and what is at hand!

Home challenge – Host a “make something from nothing” day using only items already in your home.

Play with friends!

Meet at the park, on the street, or host a play date!
Simple!



DOWNLOAD



TECH-FREE PLAYDATE CONVERSATION STARTERS

Initiating tech-free playdates can feel awkward, so here are some examples to get you started.

"Since Jack is only here for a few hours, is it okay if we keep it screen-free?"

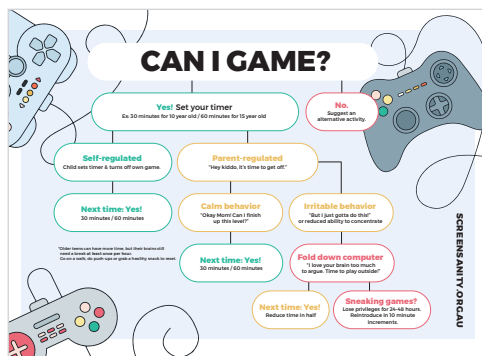
"Jill doesn't need to bring her iPad this time because we are trying to use our a lot less and we have some fun activities planned."

"We are really looking forward to having the girls sleepover. Just to let you know we'll be keeping their phones in our phone basket and they are welcome to ask me for it if they need to call you."



Tools to help!

GAMING AND TECH CONVERSATIONS



When the 'Can I play?' questions start rolling in, use this quick decision tree to guide balanced gaming choices together.

TECH RULES AND BABYSITTER GUIDE

A screenshot of a printable form titled "SCREEN SANITY BABYSITTER GUIDE". The form is divided into several sections: "Important Info" (Our Phone Numbers, Other Important Numbers, Doctor, Preferred Hospital, Our Address, Garage/Door Code, WiFi), "Things to Do" (Indoor Ideas, Outdoor Ideas), "Meals & Snacks" (Allergies, Meal & Snack Options), and "Flip for more info...". The form is credited to SCREEN SANITY.ORG.AU.

Keep everyone on the same page even when you're not home. A simple, printable guide for grandparents, babysitters, or holiday carers.

FREE-RANGE KIDS

Wanting to build independence and resilience in your child? Here are some simple ways to start.

Simply
“Be home by this time.”
Build trust now =
everyone wins

Utilise a smart watch
for extra peace of mind.
Allowing for freedom
while providing benefits
of safety features, and
communication.

Wait as long as possible
before handing over a
smartphone. Explore our
alternatives [here!](#)

HOLIDAY MINDSET

It is not about doing more. It is about being present, noticing moments, and celebrating creativity.

When screens come out, use them to learn, connect, or create, not just to consume.

By setting the tone early, your kids will have time to get on board.

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A U S T R A L I A

FIND OUT MORE AT [SCREENSANITY.ORG.AU](https://screensanity.org.au)

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