

Digital Detox Box

What is a digital detox box?

The digital detox box is to help you take a break from internet use. It is a box that can help ground you and give you a sense of comfort, away from technology.

To make a digital detox box you need:

- A box or a container
- Colouring pencils and stickers to decorate the box



How to use our digital detox box:

- Firstly, put your phone/iPad etc in the box, so it is away from you
- Then add things that mean something to you or will help relax you
- Recognise your feelings; what do you feel?
- How does that compare to how you felt earlier today or before taking a break?



What you could add to your digital detox box:

- A picture of a pet/friend/family
- Write down things that make you happy
- Write down your best qualities
- Your favourite chocolate or sweet
- You can write down what is worrying you or making you feel stressed on a piece of paper and place this in the worry box

What could make you feel better:

- Activities with others
- Going to the park
- Journaling
- Colouring
- Painting
- Other interests

