

# SCREEN FREE WEEK + OUTDOOR CLASSROOM DAY

## Ideas for Teachers & Schools

Screen Free Week: 5–11 May 2025  
Outdoor Classroom Day: 8 May 2025

### WHAT'S IT ALL ABOUT?

Screen Free Week is a chance to pause, unplug, and reconnect with the real world — through play, creativity, nature, and relationships.

Outdoor Classroom Day (May 8) celebrates the power of learning outdoors and connecting tamariki with te taiao.

This week is the perfect opportunity to explore screen-free time inside and outside the classroom.

### CLASSROOM IDEAS – WHAT TEACHERS CAN DO

#### Set the Scene

Talk about screen time with your class — what they enjoy doing that doesn't involve devices, what they could try instead.

#### Screen-Free Start

Begin each morning with 30 minutes of screen-free time — reading, journaling, sketching, mindfulness, or an outside lesson.

#### Create Instead of Consume

- Swap screen tasks for hands-on activities: posters, comics, creative writing, finger knitting, skits, models.
- Try storytelling, puppet shows, and oral presentations.
- Loose parts play - small loose parts inside, large loose parts outside.

#### Take Learning Outside

- Maths with chalk
- Outdoor writing prompts
- Nature-based science
- Outdoor PE spelling games
- Mapping or measuring the school grounds

#### Outdoor Reading Time

Set up a shady space for read-alouds or quiet reading.

#### Tech-Free Brain Breaks

Try yoga, nature scavenger hunts, drama games, sensory games or music-making instead of digital breaks.

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## WHOLE SCHOOL IDEAS

### Run a School-Wide Challenge

Ideas for daily challenges:

- No phones at pick-up
- No screens before school at home
- “Read instead of scroll” challenge
- Class screen-free tracker chart

### Decorate the School

Student-made posters:

“What I Love to Do Without Screens”  
“More Play, Less Scroll”

### Creative Competition

- Host a poster, poem, or short story comp with a screen-free theme.
- Community Picnic or Outdoor Assembly
- Invite whānau to connect screen-free at a shared outdoor event.

## OUTDOOR CLASSROOM DAY – THURSDAY 8 MAY

### Bring the Curriculum Outside

- Maths: Measure trees, chalk graphs, geometry scavenger hunt
- Writing: Sensory poems, nature stories
- Science: Bug hunts, water testing, weather walks
- Art: Leaf rubbings, land art, outdoor chalk murals, clay
- Social Studies: Community walks, land use maps

### Go Bigger with EOTC

- Local bush visits
- Inquiry-based outdoor days
- Team-building games
- Nature play sessions

### QUICK CHECKLIST

- Talk about screen use with your class
- Plan at least 1 outdoor lesson
- Add a screen-free challenge to your newsletter
- Set up a class or school challenge
- Celebrate with a tech-free picnic or event

Even one screen-free moment or outdoor session can spark new habits. Let's give tamariki the gift of connection, nature, and play.