

100 HOURS RECLAIMED

15 Screen-Free Ways to Reclaim Connection



Attention becomes connection. Connection becomes culture.

Psalm 90:12 reminds us to “number our days” and recognize the value of the time we’ve been given. These 100 Hours Reclaimed will help your family intentionally steward some of that time together and focus on what matters most.

You don’t need 100 different activities to reclaim all 100 hours. Start by choosing 5 options from 3 key categories, test what helps your family connect, and then either repeat or add more in.

Review the 3 categories and then add the 5 ideas you select to your Screen-Free tracker. Then track your time!

QUALITY TIME

Pick habits that create space to develop relationships with intentional time.

Quality Time	What It Builds
Dinner on Purpose – Ask one meaningful question instead of “How was your day?” ex: “What was one moment that made you smile today?”; “What is something new you learned about yourself?”	Better questions create deeper relationships.
Reverse Family Interview – Let kids interview parents and parents interview kids. Ask questions like: “What’s something that’s challenging right now?”; “What are you believing God for currently?”; “What do you love most about our family?”	Curiosity builds understanding and meaningful conversations.
Family Blessing Circle – Tell each family member one thing you admire about them. Consider recording each person’s moment so they have it as a keepsake/reminder.	Encouragement helps people feel seen, known, and loved.
Take the Long Way – Go for a walk or drive with nowhere you need to be. Let someone randomly choose the direction and use the extra time to talk.	Releasing the need to control times, places, and schedules allows people to be more in the moment and share.
The Favorite Game – Let one family member choose one of their favorite things to do and have everyone join them (without complaint). Let someone else choose next time!	Making space for each person to share the things they love helps everyone understand them and how to love them better.

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PURPOSEFUL MOMENTS

Pick habits that create meaningful interactions and steward your time.

Purposeful Moments	What It Builds
Bless Someone Together – Deliver cookies, write encouragement cards, or surprise a neighbor. Make this an ongoing family habit!	Serving together teaches children to look beyond themselves.
What's In Your Hand? – Meet together and ask: "What do we already have, time, talents, relationships, or resources, that we could use to bless someone? Pick one from what people share and act on it this week.	Generosity goes beyond finances. Teaching kids how to steward everything they have cultivates generous hearts and open hands.
Tackle Something Together – Work together on something as a family like cooking a meal together, creating a gift, or helping someone finish a task/project around the house.	Healthy interdependence is formed when families regularly do things as a unit, especially if it lends to serving one another.
Family Bucket List – Create a bucket list for simple things you've "been meaning to do" and spend an afternoon finally doing it together.	Stewarding time requires being able to stop leaving things for "someday". Instead of dopamine from screens, you can get satisfaction from accomplishing something!
Open Your Home – Invite someone over for a meal, dessert, games, or conversation and put the phones away while you're together.	Hospitality turns your time into a gift for others.

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FAMILY CULTURE

Pick habits that develop who your family is and how you live.

Family Culture	What It Builds
Story Behind the Story – Pull out an old family photo and tell the story behind it. Share: Why did you pick that photo and what does it mean to you regarding what you believe in or how it impacted you?	Stories pass down values, identity, and God's faithfulness.
Dream Together – Talk about what you believe God has uniquely made your family for. Dream about the experiences, goals, serving opportunities, and traditions you want to pursue together.	Shared vision helps families move toward something together and gives a sense of purpose.
Prayer Walk – Walk your neighborhood and pray for your family, neighbors, and community. Consider making this a regular consistent rhythm.	Faith grows when it's lived together, not just talked about.
Celebrate Something Ordinary – Celebrate an answered prayer, perseverance, or simple win. Consider even baking a dessert or creating a joy jar with small notes marking the “little moments.” Review in the new year!	Healthy families celebrate everyday faithfulness, not just milestones.
Family Culture Detective – Become a detective in your own home. Look at how you spend your time, what you celebrate, and how you treat one another. What clues reveal what your family values most?	Everyday choices reveal what your family values.

A stylized illustration of a smartphone with a light brown wooden grain texture. The phone is tilted diagonally. On the screen, there is a white earphone icon at the top, a green circular button with a white telephone handset icon in the bottom left, and a yellow circular button with a white speech bubble icon in the bottom right. The phone has a dark grey bezel and a speaker grille at the bottom.

A 10x10 grid of 100 small circles. The circles are arranged in 10 rows and 10 columns, forming a square pattern. Each circle is small and black, with a thin outline. The grid is centered on the page.