

LICENSE TO PARENT | SHEPHERDS HILL ACADEMY

5 DAY TECH CHALLENGE

PRACTICAL PARENTING TIPS



FAMILY ACTIVITIES

A Spiritually Enriching Tech-Free Week for the Whole Family

5 Day Tech-Challenge



Daily Parenting Challenge

- 1 minute podcast
- Discuss questions
- Couple prayer topic

Family Activities



Scripture Memorization

Take time each day during the challenge to escape to a tech-free environment as a family.

Dive into the word and memorize a new passage each day!



Family Activity

Take 30+ Tech-Free Minutes

Engage as a family in activities, conversation and prayer. At the end of each activity session, pray as a family and answer any questions your child(ren) may have.



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Day 1: Faith Principles



Parenting Challenge

Parenting 1 Minute

Listen to the Podcast- [Bible Addresses Digital Technology Use](#)

Read: Psalm 78

Discuss:

- Why is it so important to pass on godly principles to our child?
- How can we pass on our faith to our son(s)/daughter(s)?

Couples Prayer:

Pray together today that the Lord would reveal practical ways each day to pass on principles and truths to your child(ren).

Family Activities



Scripture Memorization

Psalm 62:1-2

With your child(ren), create a poster of this verse and hang it in a prominent place in the home.

Discuss this passage and what it means for you and your family.



Family Activity

Take 30+ Tech-Free Minutes

Faith Discussion

Each parent will take a turn telling a story from their childhood or adulthood about how they learned to have faith in the Lord.

Allow each child to share a time when they needed faith in the Lord to get through a tough time or share something they are currently struggling with.

Pray Together as a Family



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Day 2: Technology Reliance



Parenting Challenge

Parenting 1 Minute

Listen to the Podcast- [Too Reliant on Technology](#)

Read: Psalm 37

Discuss:

- How have we, as parents, become too reliant on technology in our lives?
- How have we allowed our child(ren) to rely too heavily on technology?

Couples Prayer:

Pray together today that the Lord will be your source of strength. Pray that you will rely on the Lord to meet your needs. Pray for a healthy balance of technology use as a tool in your life and the lives of your child(ren).

Family Activities



Scripture Memorization

Psalm 94:22

Write the verse on a notecard and place it in a textbook or other book as a book mark and reminder of the Lord's faithfulness.

Discuss this passage and what it means for you and your family.



Family Activity

Take 30+ Tech-Free Minutes

Make a Plan

Write down all of the important phone numbers that you and your child(ren) should have access to.

Have each member of the family write these numbers on a notecard or piece of paper. Each person will **decorate** and **laminat**e their list.

Together, come up with a family course of action in case of emergency. Establish a primary and secondary contact incase someone is unavailable.

Have each member of the family memorize 2 phone numbers that they should always have in case of emergency.

Pray Together as a Family



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Day 3: Addictive Technology



Parenting Challenge

Parenting 1 Minute

Listen to the Podcast- [Addictive Nature of Digital Technology](#)

Read: [What is Digital Addiction?](#)
1 Corinthians 10:13

Discuss:

- Are we limiting technology use in our home?
- How are we creating a healthy balance of technology use and real life?
- How can we improve?

Couples Prayer:

Pray together today that the Lord would help you to model healthy technology habits for your child(ren). Pray that he would give wisdom and discernment in the area of technology.

Family Activities



Scripture Memorization

1 Corinthians 10:13

Discuss this passage and what it means for you and your family.



Family Activity

Take 30+ Tech-Free Minutes

Game Night

Take 30 tech-less minutes and have a family game night. Play outside, work on a puzzle, play a board game, or something similar. As a family engage in an activity that stimulates the brain by promoting analytic thought, coordination, and healthy living.

Pray Together as a Family



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Day 4: Genuine Friendship



Parenting Challenge

Parenting 1 Minute

Listen to the Podcast- [Real Friendship](#)

Read: Proverbs 18

Discuss:

- Does our child have real and reliable friends in their life?
- Are we promoting activities where they can engage in building true friendships?

Couples Prayer:

Pray together today that the Lord would bless your child(ren) with real and godly friends. Pray that they would be given wisdom and discernment in choosing friends, and that they would learn to build and establish real and lasting friendships.

Family Activities



Scripture Memorization

1 Corinthians 10:13

Discuss what bad company looks like.

Ask your child(ren) to think about the influences in their lives.



Family Activity

Take 30+ Tech-Free Minutes

Creativity Night

Draw a 'good friend'. Have your child(ren) draw what a good friend would look like.

Include positive character attributes in the drawing or by writing the words next to the drawing.

Ask each child to list **3 positive character traits** they possess that make them a good friend.

Pray Together as a Family



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Day 5: Reputation



Parenting Challenge

Parenting 1 Minute

Listen to the Podcast- [Social Media Posts](#)

Read: Proverbs 22:1-16

Discuss:

- Do we know what our child(ren) are posting on social media?
- Is/Are our child(ren) aware that social media posts can remain online even if they are deleted?
- How can we make our child(ren) better aware of the dangers of establishing a negative online reputation?

Couples Prayer:

Pray together today for wisdom in teaching your child what is acceptable online behavior. Pray for protection for your child. Pray for discernment for your child as they grow and engage with others- establishing their reputation.

Family Activities



Scripture Memorization

Proverbs 22:1

Talk to your child today about what it means to be a man/woman of godly character.

Discuss the dangers of posting online and the eternal ramifications. Challenge them to establish themselves as a son/daughter of the King- whether online or in the real world



Family Activity

Take 30+ Tech-Free Minutes

Family Conversation

Take the list of 3 positive character traits from yesterday and have each child explain how these traits help them build a good reputation.

Ask your child to discuss examples of how children/teens can be people of character online and in the real world.

Then, ask them for examples of how they can build negative reputations.

Discuss how a reputation affects their relationship with the Lord.

Pray Together as a Family



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After the 5 Day Tech-Challenge



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