

Conversation Cards



Tech Talk: Reflecting on Digital Life

What's your favorite way to relax without a screen?

Have you ever felt overwhelmed by social media?

What did you do?

How do you know when you've been on your phone too long?

What's one app you wish didn't exist— and why?

Family & Friendship

What's your favorite memory that didn't involve a screen?

Who makes you feel most connected in real life—and what do they do?

If our family had a tech rule for just one day, what would you choose?

What's something fun we could do together this week without devices?

Mental Wellness & Focus

When do you feel the most calm during the day?

How do screens affect your mood— positively or negatively?

What helps you fall asleep better: screens off or on? Why?

What's one way you take a break when you feel stressed?

Self-Awareness & Habits

If you could design a “healthy tech day,” what would it look like?

Do you ever notice yourself reaching for your phone without thinking? When?

What's your favorite screen-free activity —and when did you last do it?

What's one digital habit you'd like to change?

