

Digital Wellbeing Summer Challenge



Join the Family Online Safety Institute for our Wellbeing Summer Challenge!

This summer, we're excited to invite you on a **four-week adventure** filled with a mix of engaging analogue and digital activities.

Our **Wellbeing Summer Challenge** offers 28 days of activities ranging from arts and outdoor exploration to exciting tech projects and virtual games – there's something for everyone.

We are hopeful that you will create some unforgettable memories, strengthen family bonds, and learn a thing or two about digital wellbeing and wellbeing in general. **Let's get started!**



Learn more at fosi.org

#FOSISummerTechChallenge

Digital Wellbeing Summer Challenge

1

Week 1 – Wellbeing and Mindfulness

Summer months are a great moment to recharge and reset and what better way to do that but to increase your wellbeing and mindfulness? Focusing inwards, defining priorities, being more intentional, and just breathing more purposefully, can all challenge us to be our best selves. Increase your mental resilience by starting off the summer challenge with a focus on wellbeing and mindfulness.

Week 2 – Getting Social

We humans are definitely social beings and social interaction can even be seen as a basic need. From caveman times to contemporary times, being social has always played a huge part in our ability to survive and thrive - and the online world is no different. Social media, storytelling, streaming, strolling and sharing, all help us connect.

3

Week 3 – Gaming for Everyone

Play is one of the best connectors out there. It stimulates creativity, collaboration & even the competitive spirit. Playing board games or card games has been a family tradition for generations & now that technology is here, you can bring these activities into the digital environment. No matter what type of activities you engage in, one thing is certain - gaming is for everyone and there is a game for every person!

Week 4 – Future Fit

There is so much talk about the future. The future of technology, the future of our planet. So why not join a challenge that helps you elevate your future skills, in online activities, offline activities or both. With the future, even the sky is no limit!!

Learn more at fosi.org

#FOSISummerTechChallenge

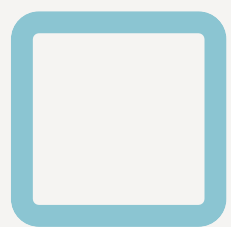
Digital Wellbeing Summer Challenge

WEEK 2 – GETTING SOCIAL

Day

8

Online



DAY 8: VIRTUAL GAME NIGHT

Activity: Online Multiplayer Games

Instructions: Choose an age-appropriate friendly online game and get those invitations out.

Social Tip: Use video calls to communicate during the game for a more interactive experience.

Family Tip: Celebrate each other's successes and have fun together.

Offline



DAY 8: GAME NIGHT

Activity: Board & Card Games

Instructions: Choose a few board or card games that everyone enjoys and spend the evening playing together.

Social Tip: Encourage teamwork and healthy competition.

Family Tip: Celebrate each other's wins and laugh off the losses.

Teen Tip: Ask your teens to choose the activities (like the movies or the adventure!). Make it so parents can only say NO to one activity. Make it a “Yes” day.



Learn more at fosi.org

#FOSISummerTechChallenge

Digital Wellbeing Summer Challenge

WEEK 2 – GETTING SOCIAL

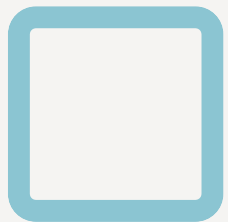
Day

9



Online

DAY 9: SOCIAL MEDIA SCAVENGER HUNT



Activity: Photo and Video Challenge

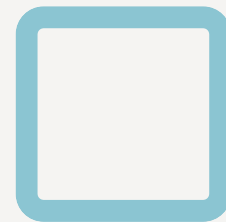
Instructions: Create a list of fun and creative photo or video challenges that you can post on social media with a unique hashtag.

Social Tip: Tag friends and other families to join the challenge.

Family Tip: Comment and like each other's posts to encourage engagement. Bonus tip: create the scavenger hunt in an online museum or gallery.

Offline

DAY 9: COMMUNITY WALK



Activity: Neighborhood Stroll

Instructions: Take a walk around your neighborhood or a local park. Do you see any new neighbors to greet?

Social Tip: If you see another family, strike up a conversation.

Family Tip: Is there anything that you do to support your neighbors or neighborhood, like helping a neighbor take out the trash, doing some gardening or walking a neighbor's dog?

Learn more at fosi.org

#FOSISummerTechChallenge



Digital Wellbeing Summer Challenge

WEEK 2 – GETTING SOCIAL

Day

10



Online

DAY 10: ONLINE COOKING CLASS

Activity: Virtual Cooking/Baking Session

Instructions: Choose a recipe and cook or bake together as a family. Use a video conferencing platform to invite another family to join and cook along with you.

Social Tip: Share photos or videos of your cooking process and final dish on social media.

Family Tip: Discuss the experience and exchange tips and tricks.

Offline

DAY 10: DINNER WITH FRIENDS

Activity: Potluck Dinner

Instructions: Invite friends or another family over for a potluck dinner, where each family can bring a dish to share.

Social Tip: Engage in conversation about shared interests, hobbies, and family traditions.

Family Tip: Play an icebreaker game to get to know each other better.

Teen Tip: Tell your teens & children about some of your childhood experiences when you engaged in some of these activities.



Learn more at fosi.org

#FOSISummerTechChallenge

Digital Wellbeing Summer Challenge

WEEK 2 – GETTING SOCIAL

Day

11

Offline

Online



DAY 11: STORYTELLING NIGHT

Activity: Virtual Storytelling Session

Instructions: Select a story, poem, or personal anecdote to share and find a fun platform for your storytelling session. Hint: you can do a series of posts, or long-form content or something else entirely.

Social Tip: Encourage everyone to participate using social media hashtags.

Family Tip: Share the recorded session with other family members to inspire others



DAY 11: VOLUNTEER TOGETHER

Activity: Volunteering

Instructions: Find a local charity or community service project where you can volunteer. Bonus tip: most organizations are happy to have volunteers come once a week or once a month – ask them how you can best help.

Social Tip: Work alongside other families or volunteers.

Family Tip: Discuss the importance of giving back and share your experiences with each other. What other volunteer projects do you want to do?

Learn more at fosi.org

#FOSISummerTechChallenge



Digital Wellbeing Summer Challenge

WEEK 2 – GETTING SOCIAL

Day

12



Online

DAY 12: VIRTUAL MOVIE NIGHT

Activity: Online Movie Watch Party

Instructions: Choose an age-appropriate movie and use a streaming service that allows watch parties (e.g., Netflix Party, Disney+ GroupWatch) and invite some friends to join.

Social Tip: Use the chat function to share reactions and comments during the movie.

Family Tip: Invite another family to watch with you or head out to the Big Screen as a family adventure.

Offline

DAY 12: OUTDOOR ADVENTURE

Activity: Picnic or BBQ

Instructions: Plan a picnic or BBQ at a local park or public garden. If the weather isn't great, plan a rainy adventure – dress warmly and enjoy the puddles.

Social Tip: Organize group games like frisbee, soccer, or a scavenger hunt.

Family Tip: Encourage mingling and teamwork among families.

Teen Tip: Let your children be in charge of the activities.

Learn more at fosi.org

#FOSISummerTechChallenge



Digital Wellbeing Summer Challenge

WEEK 2 – GETTING SOCIAL

Day

13

Online

DAY 13: ONLINE LEARNING AND SHARING

Activity: Virtual Educational Activity

Instructions: Select an educational activity or workshop (e.g., a science experiment, a virtual museum tour, an online class) and participate together.

Social Tip: Discuss what you learned and share your insights on social media.

Family Tip: Plan an online family trip to a museum and invite another family to join.

Offline

DAY 13: CULTURAL EXCHANGE

Activity: Cultural Night

Instructions: Host a cultural exchange night where you and your friends present something from their culture, or a culture that inspires them—food, music, dance, or stories.

Social Tip: Embrace and celebrate the diversity within your community. Share and learn from each other's cultural backgrounds.

Family Tip: Stress the importance of culture awareness and diversity, equity and inclusion.



Learn more at fosi.org

#FOSISummerTechChallenge

Digital Wellbeing Summer Challenge

WEEK 2 – GETTING SOCIAL

Day

14

Offline

Online

DAY 14:

REFLECTION & APPRECIATION

Activity: Reflection and Gratitude Post

Instructions: Reflect on the week's activities and discuss the connections made and what everyone enjoyed most. Write a post or create a video expressing gratitude for the shared experiences.

Social Tip: Share your reflection on social media, tagging the families you interacted with during the week. Encourage others to share their own reflections and positive experiences.

Family Tip: Write a note to each family member expressing gratitude for the shared experiences.

DAY 14:

REFLECTION AND FUTURE PLANNING

Activity: Reflection Time

Instructions: Reflect on the week's activities and discuss the connections made.

Social Tip: Plan future social activities and set goals for maintaining these connections.

Family Tip: Each family member can share their favorite moment from the week and suggest ideas for future social engagements.



Learn more at fosi.org

#FOSISummerTechChallenge

Digital Wellbeing Summer Challenge

A big thanks to Dr. Elizabeth Milovidov & her son, Maximilian Milovidov, for partnering with FOSI to create this resource!



Dr. Elizabeth Milovidov is the founder of Digital Parenting Coach.com, a resource for parents and caregivers.

As a lawyer, law professor and child online protection expert with more than 20 years experience, she has advised government and child protection agencies, non-profits and think tanks on public awareness campaigns, research initiatives and public policy strategies related to digital safety, parenting, and wellbeing.

She has also held several key consultancies in Europe for the Council of Europe (Children's Rights and Education divisions), Microsoft EMEA (Digital Safety), European Schoolnet (Online Safety), and e-Enfance/INSAFE (French Helpline).

She is an international speaker on digital parenting and her work has been featured in BBC, France 24, the Wall Street Journal, the Financial Times, and other media outlets focused on child online safety and digital parenting.

Currently, she is Senior Corporate Counsel at the LEGO GROUP, where she provides legal support on implementing and promoting digital child rights, safety, wellbeing and citizenship in parallel with responsible digital engagement with children.



Maximilian Milovidov is a 17-year-old teen online safety advocate. He is an Ambassador to the Children's Commissioner for England, a former Youth Board Member for Childnet and Deputy Editor-in-Chief for the LIL Square at the Lycée International de Londres.

Fluent in French, English, Russian, and Spanish, he serves as a Youth Ambassador for the Diana Award and a Youth Advisor for Digitaem. Maximilian has been featured on ITV News, Sky News, and the Wall Street Journal. His interests lie in cyberpsychology, human nature, and technology.

Learn more at fosi.org

#FOSISummerTechChallenge

