

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

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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!!

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Digital Wellbeing Summer Challenge

WEEK 3 – GAMING FOR EVERYONE

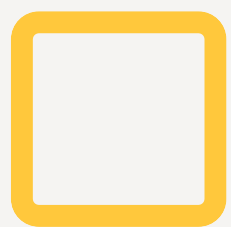
Day

15



Online

DAY 15: COOPERATIVE ADVENTURE



Activity: Online Adventure Game

Instructions: Open a game session where family members work together to complete challenges or build something unique.

Game Tips: Minecraft, LEGO Fortnite, Roblox, Among Us are fun collaborative games.

Family Tip: Choose your games by using the [Family Gaming Database](#) to find something age appropriate.

Offline

DAY 15: CLASSIC BOARD GAMES NIGHT



Activity: Board Game Session

Instructions: Choose a classic board game (e.g., Monopoly, Scrabble, Clue, Twister).

Game Tip: Think back to the games that you loved as a child and get ready to share them with the next generation.

Family Tip: Invite another family to join and have parents' vs kids or some other fun combination.

Teen Tip: Make it easier for them. When doing offline activities, keep devices out of reach, so that they resist temptations.

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WEEK 3 – GAMING FOR EVERYONE

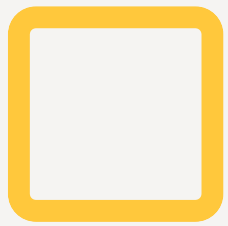
Day

16



Online

DAY 16: RACING FUN



Activity: Virtual Racing Competition

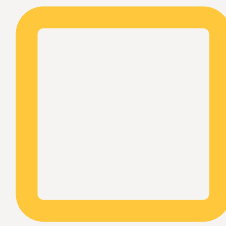
Instructions: Organize a racing tournament with cars or even runs, like in Temple Run.

Game Tips: Mario Kart 8 Deluxe, Forza Horizon 4, Team Sonic Racing, Temple Run are family-friendly.

Family Tip: Ask your children to review the different games and make suggestions for the family.

Offline

DAY 16: HAND COORDINATION GAMES



Activity: Rubik's Cube, Jacks, Marbles, Jenga

Instructions: Find games that involve hand coordination. Sometimes smaller hands are better and faster, so the kids have a great advantage.

Game Tips: Use this time to talk about how games have evolved.

Family Tip: Create a shelf or special box to hold these games, so that Family Gaming Night becomes a tradition.

Teen Tip: Remind them that being mindful is all about balance.

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Digital Wellbeing Summer Challenge

WEEK 3 – GAMING FOR EVERYONE

Day

17

Offline

Online

DAY 17: PUZZLE AND STRATEGY

Activity: Online Puzzle or Strategy Games

Instructions: Play games that require teamwork and strategy so that you can solve puzzles or complete tasks together.

Game Tips: Portal 2, Among Us, Overcooked 2, BrainPop are family-friendly.

Family Tip: Pair up to form teams or just chat about the results.

Teen Tip: Commit fully! Even if you don't understand Minecraft, Roblox or any other game, play along and do your best.

DAY 17: MEMORY, STRATEGY GAMES

Activity: Card Games

Instructions: Choose card games according to age and capacity.

Game Tips: Uno, Go Fish, Crazy Eights, War, Concentration are family-friendly.

Family Tip: Keep a Card Game Notepad to keep score. Invite another family over to play.



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WEEK 3 – GAMING FOR EVERYONE

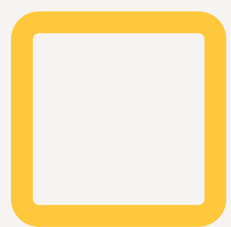
Day

18



Online

DAY 18:



CREATIVE
EXPRESSION

Activity: Creative Building and Design

Instructions: Spend time building and creating in a sandbox or simulation game.

Game Tips: Minecraft (Creative Mode), The Sims 4, Animal Crossing: New Horizons are family-friendly.

Family Tip: Share your designs and give each other tours of your creations. Don't forget to ask questions about how and why they built what they built.

Offline

DAY 18:



OUTDOOR
SPORTS DAY

Activity: Family Sports Tournament

Instructions: Organize a mini-tournament with activities like soccer, basketball, or a relay race.

Game Tips: Choose a range of games so that everyone can play and join in, no matter their level.

Family Tip: Challenge another family to participate in their own tournament simultaneously.



Teen Tip: Make it fun! Take pictures of these memories with a digital or disposable camera.

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WEEK 3 – GAMING FOR EVERYONE

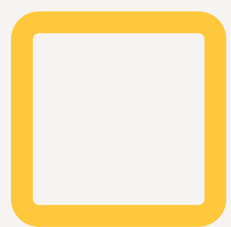
Day

19

Offline

Online

DAY 19:



CLASSIC GAME NIGHT

Activity: Online Classic & Party Games

Instructions: Play classic board games or party games online.

Game Tips: Monopoly, Jackbox, Party Pack. You can always go online together to research fun online classic games.

Family Tip: Connect with another family through the game and consider using video to make the game play even more interactive.

DAY 19:



CREATIVE GAME NIGHT

Activity: Homemade Game Creation

Instructions: Create a new game as a family using household items.

Game Tips: Create simple games first, such as a scavenger hunt, a homemade obstacle course, or a custom board game.

Family Tip: Ask each family member to create funny rules for the game and challenge them to add a joke, a story or something else creative.

Teen Tip: Let them lead, don't impose a strict schedule, but rather some suggestions.

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WEEK 3 – GAMING FOR EVERYONE

Day

20



Online

DAY 20:



FITNESS AND FUN

Activity: Active Video Games

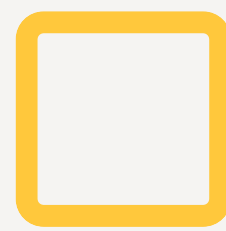
Instructions: Play games that involve physical activity. Have fun and stay active while gaming.

Game Tips: Just Dance, Ring Fit Adventure, Beat Saber. Remember to clear an area so that everyone has room to move.

Family Tip: Set up a virtual dance-off or fitness challenge within the family.

Offline

DAY 20:



PUZZLE AND BRAIN TEASERS

Activity: Family Puzzle Day

Instructions: Work on a large puzzle together or solve brain teasers and riddles.

Game tips: Pick puzzles according to age and don't be afraid to try puzzles of different sizes.

Family Tip: Clear space to hold a puzzle, like a low table or large empty cardboard box top. If you don't finish the puzzle in one go, you can leave it for another day without too much clutter.



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WEEK 3 – GAMING FOR EVERYONE

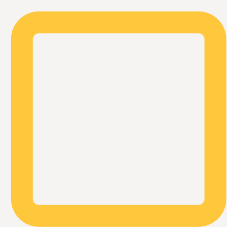
Day

21



Online

DAY 21:



REFLECTION & CELEBRATION

Activity: Reflection & Awards Ceremony

Instructions: Reflect on the week's online gaming activities. Discuss what games were the most fun and what everyone enjoyed most.

Game Tips: Keep an online journal of the gaming activities and ages. Chronicle family online gaming evolution as the games go from simple to more complicated.

Family Tip: Host a virtual awards ceremony and create fun awards (e.g., Funniest Moment, Best Creation) and celebrate each other's achievements.

Offline

DAY 21:



REFLECTION & CELEBRATION

Activity: Reflection & Awards Ceremony

Instructions: Reflect on the week's activities. Discuss what games were the most fun and what everyone learned.

Game Tips: Keep a journal of the gaming activities and ages. Chronicle family gaming evolution as the games go from simple to more complicated.

Family Tip: Host an awards ceremony and create fun awards (e.g., Best Teamwork) and celebrate each other's achievements.



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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.

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