

A FREE PIECE OF A LITTLE ELSEWHERE KIT

FREE • 6 REAL PAGES

The table, the lines to say, and two games.

Six pages from The 14-Day Family Screen Reset: how much screen time is alright, what to say when it goes wrong, and what to play instead.

Nothing held back

Print it or type in it

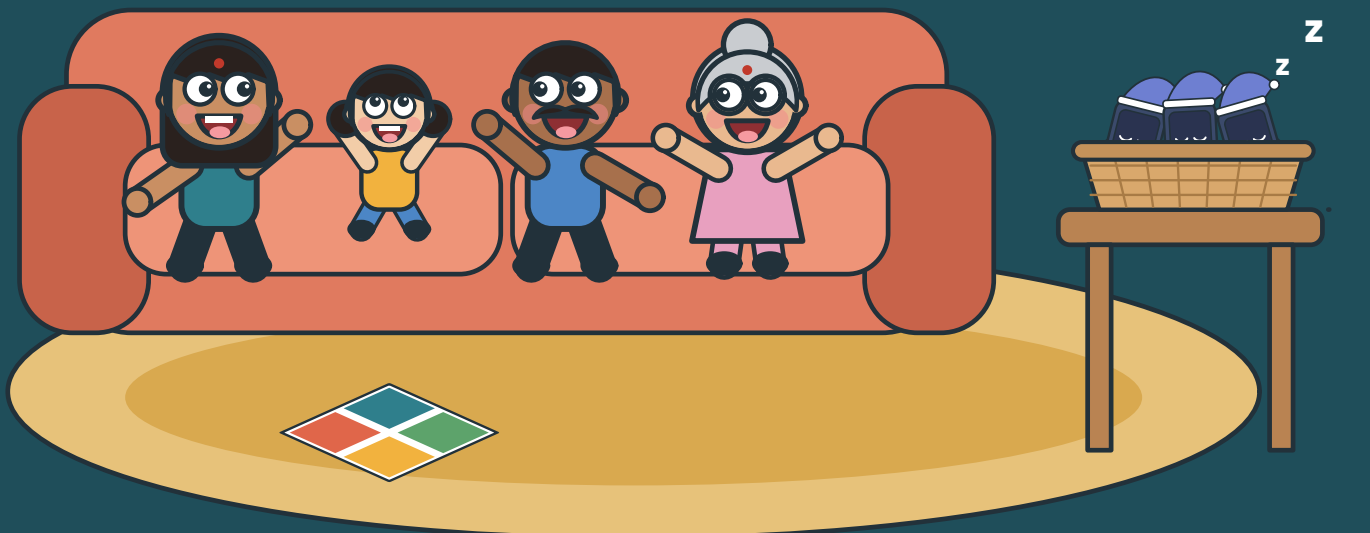
Hinglish scripts

No email needed to read it



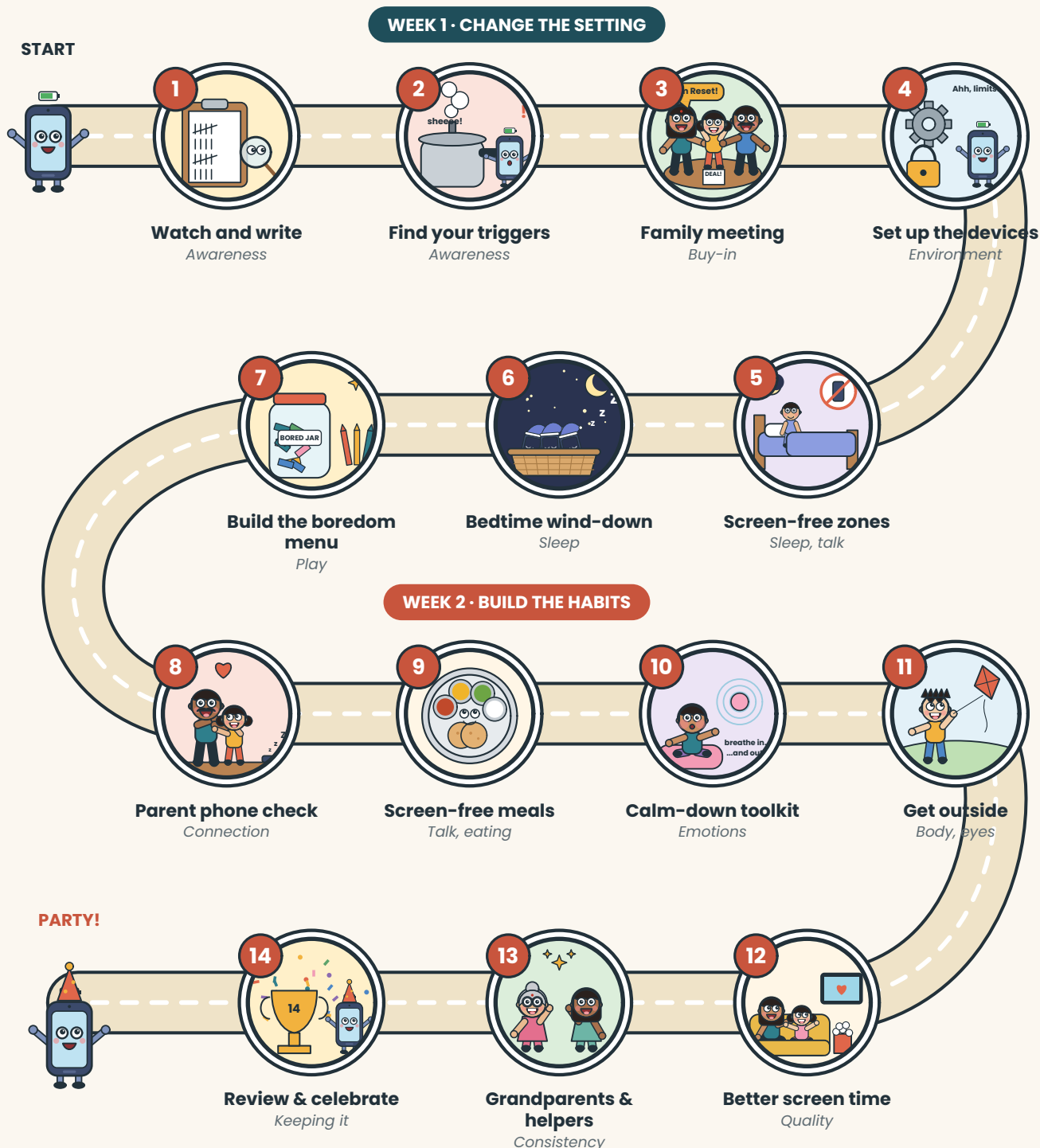
LITTLE ELSEWHERE

Shhh... Fonu is resting.



Fourteen days, fourteen small things

One action a day, about fifteen minutes each, done together. This is the map from the front of the kit; inside, every day has its own steps and tips.



Days 1–7 change the setting around your family. Days 8–14 build the habits inside it.

How much screen time is alright?

Indian, global and sleep guidelines point in the same direction. Use this as your target, not a stick to beat yourself with.

Age	Recreational screen time	How	Sleep (per 24 h)	Movement
 Under 2	None. No screens, including background TV. [A]	Don't use screens to feed or calm. Talk, sing, read, play on the floor.	1–2 yrs: 11–14 h incl. naps	Active several times a day; 1–2 yrs: 180 min of any activity
 2 to 5	Up to 1 hour a day , in sessions of 20–30 min. Less is better. [A]	Watch together. Choose educational, non-violent, preferably interactive content.	3–5 yrs: 10–13 h incl. naps	3–4 yrs: 180 min, including 60 min energetic
 5 to 10	Under 2 hours a day , the less the better. [A]	Priority to learning. No screens at meals or in the hour before bed.	6–12 yrs: 9–12 h	Average 60 min a day of moderate-to-vigorous activity
 10 to 12+	Balance, not a fixed number. If screens cut into sleep, activity, study or family time, reduce. [A]	Device-free bedrooms. Talk about online safety and privacy.	13–18 yrs: 8–10 h	Average 60 min a day; muscle and bone activity 3 days a week

Where these come from: the screen-time rows follow the Indian Academy of Pediatrics 2022 guideline and the WHO 2019 guideline for under-fives; sleep from the American Academy of Sleep Medicine consensus; movement from the WHO 2019 and 2020 physical-activity guidelines. The full kit lists all 27 sources with links, each with a grade, and a page saying plainly what I could not verify.

Rules the guidelines agree on

Rule	In practice
Screen-free times	Meals, and the last hour before bed.
Screen-free places	Bedrooms, dining area, bathroom and the car on short trips.
Parents go first	Children copy what we do. Make the family plan for every member, including adults.
Quality and company	Choose good content and watch with young children when you can.
Protect the big three	Sleep, physical activity and real conversation come first. Screens fit around them.

Hinglish scripts for the hard moments

Calm, short and repeatable beats a long lecture. Adapt the words to your family's language.



When the timer ends: "Bas 5 minute aur!"

"Timer khatam. Deal is deal. Kal phir time milega. Chalo, ab boredom menu se kuch choose karo." Give a 5-minute warning beforehand, every time.



"Sab ke paas phone hai!"

"Haan, har ghar ke rules alag hote hain. Humare ghar ke rules hum saath mein banayenge. Tumhe kya fair lagta hai?"



A tantrum when the screen goes off

"Tumhe gussa aa raha hai kyunki cartoon band ho gaya. Main samajhti hoon. Chalo, 5 balloon breaths saath mein." Stay close, stay calm, don't give the phone back to stop the crying.



Grandparents (Dadi, Nani, Dada, Nana)

"Aapka pyaar aur time uske liye sabse zaroori hai. Bachchon ke doctors ki guideline kehti hai ki phone kam karna hai. Phone ki jagah aap kahani sunaiye ya carrom kheliye. Woh aapse bahut kuch seekhega."



Domestic helper or nanny

"Didi, jab main bahar hoon, phone sirf video call ke liye. Ye list dekhiye: ye games aur activities karwaiye. Khana khilate waqt TV nahi." Give them the printed boredom menu.



When you're tempted to give in

Say to yourself: "A few minutes of crying today means calmer evenings next month." Hold the rule kindly; you can give a hug, not the phone.



Your older child wants a phone or social media

"Let's make a plan together: what age, which apps, what rules, and what happens if the rules break." Revisit it every few months; there is no single right age.

Screen audit

Fill in one normal day, before you change anything. Include the TV playing in the background. It counts.

Time	Child	What was on?	Minutes	What happened just before?

My top 3 screen triggers and my if-then plans

1. IF _____ THEN _____

2. IF _____ THEN _____

3. IF _____ THEN _____

Detective tip: the TV that is “just on in the background” counts, and so does the phone at the dinner table. No judgement: you are collecting clues, not grading yourself.

The Floor is Lava

Farsh pe lava hai! Bhaago!

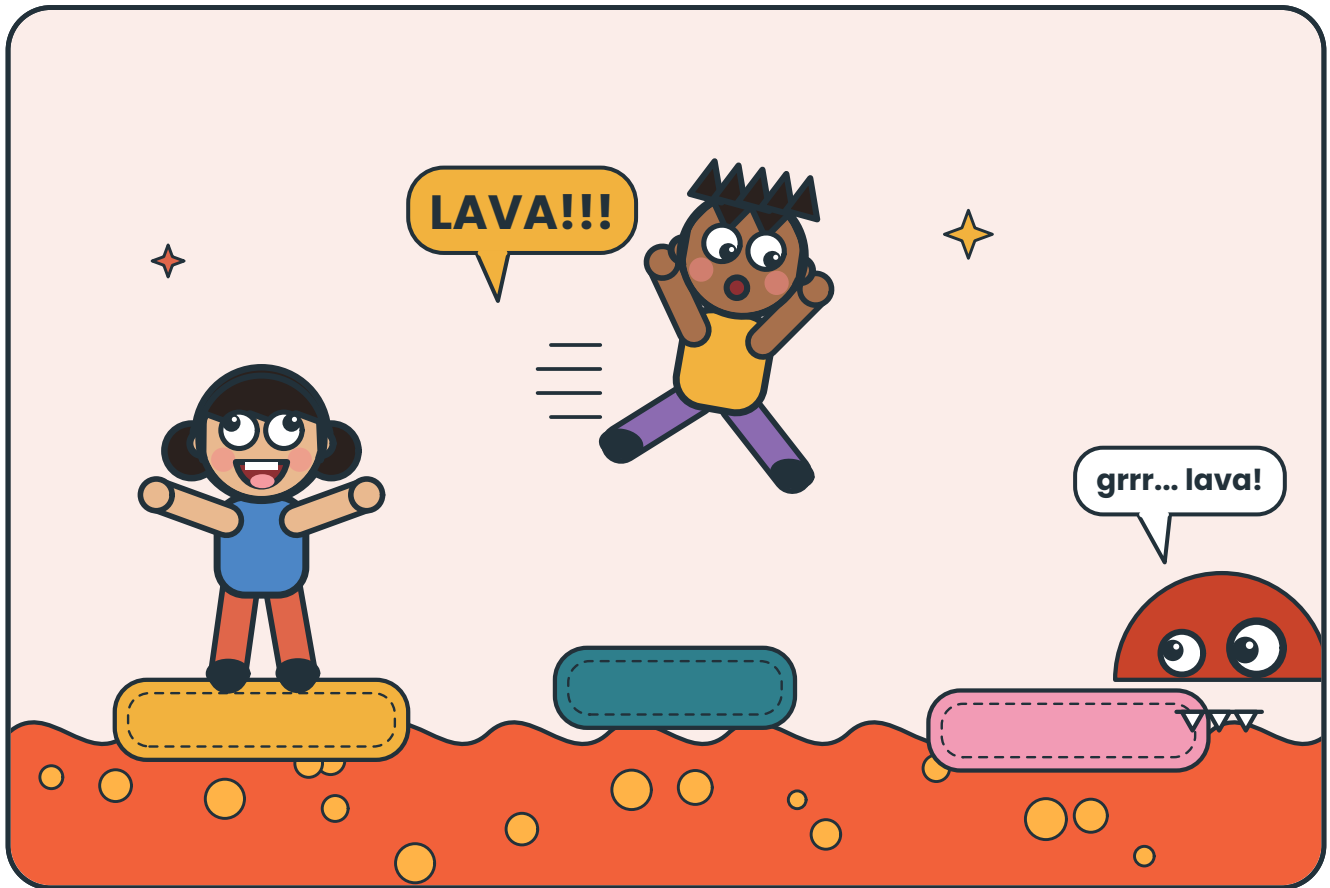
AGES
3+

PLAYERS
2+

TIME
10 min

MESS-O-METER
■■■

NOISE-O-METER
■■■



HOW TO PLAY

- 1 Scatter cushions or newspaper sheets across the floor. These are your safe "stones".
- 2 Everyone walks around. When someone shouts **LAVA!**, jump onto a stone before the count of 5.
- 3 Take away one stone each round. Share stones, balance on one leg, get creative!

YOU NEED

- Cushions, pillows or old newspapers
- A shouty grown-up

GOOFY TWIST! A grown-up becomes the **Lava Monster**, crawling slowly and growling. Anyone tagged turns into a monster too.

GROWN-UP TIP Keep jumps low and clear away sharp table corners. No climbing on sofa backs.

Antakshari

Gaana shuru karo... M se!

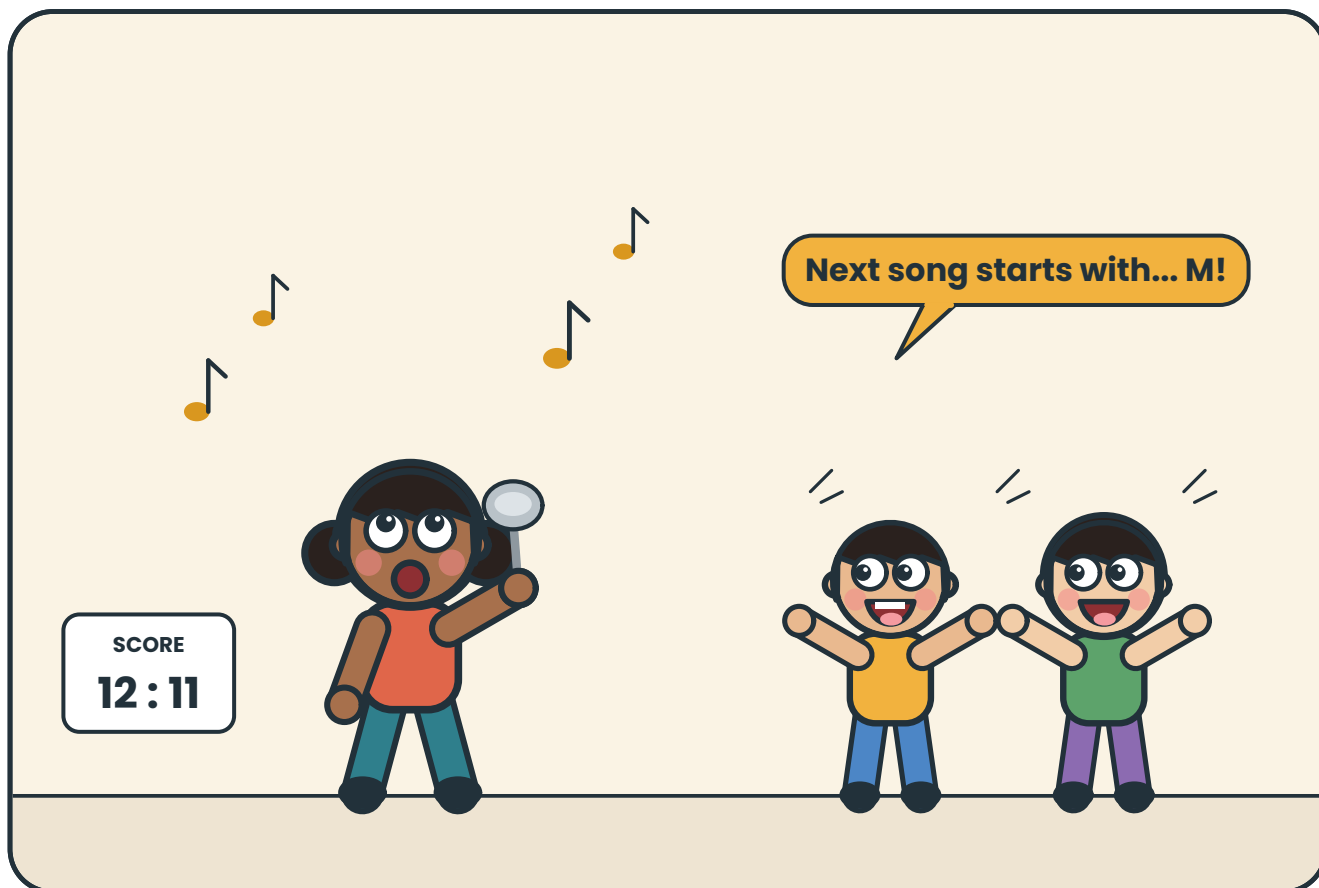
AGES
5+

PLAYERS
4+

TIME
20 min

MESS-O-METER
■■■

NOISE-O-METER
🔊



HOW TO PLAY

- 1 Split into two teams. The first team sings a few lines of any song.
- 2 The other team must start a new song with the **last letter** of that song.
- 3 Can't think of one in 10 seconds? The other team gets a point.

YOU NEED

- Voices
- A steel ladle for a microphone (optional but important)

GOOFY TWIST! Theme rounds: only nursery rhymes, only songs about food, or everything sung like an opera singer.

GROWN-UP TIP Perfect for car rides and power cuts. It needs no screens and no batteries.

IF THOSE PAGES HELPED

The other thirty-nine pages

The full kit is the whole fourteen days, written out one day at a time, with the printables and all seventeen play cards at the back.



Fourteen days, one small thing at a time.

Calmer evenings, earlier bedtimes, and a house with something to do in it besides the phone.

The 14 days, step by step

What to do, why it works, and what to say.

What the research shows

Graded A to C, with the weak findings marked weak.

The screen audit sheet

One normal day, counted. Printable.

The family agreement

Signed by everyone on Day 14. Printable.

The calm-down toolkit

Five things to do instead of handing over a phone.

17 goofy play cards

Plus four play sheets. All printable.

Screen time by age

The page you just read is in there too.

Where the headlines go too far

The claims I could not verify, and why.

The boredom menu

Filled in by your children, stuck at their height.

The champions certificate

For the fridge. Printable.

Grandparents and helpers

The conversation, and what to leave with them.

27 sources, with links

So you can check every number yourself.

One thing to know

This kit is inspired by a Danish randomised trial in which 89 families cut leisure screens to three hours a week for two weeks and reported calmer, kinder children. This plan is gentler, so your results may be smaller. The best-supported part is sleep: devices out of the bedroom, and out of the last hour before bed.

The 14-Day Family Screen Reset

45 pages · one PDF · pay by UPI, card or net banking · download at once · a copy by email too. Find it where you found these pages, or write to littleelsewhere.help@gmail.com and I will send you the link.

₹599



Please pass this file on. Forward it to the class WhatsApp group, to your sister, to anyone losing an hour a night to “bas 5 minute aur”. These six pages come straight from the paid kit. Nothing has been held back and nothing watered down. General information only, not medical advice; for anything about your own child, ask your paediatrician. © 2026 Little Elsewhere.