

MISSION SHEET WORD BANK FOR YOUR BRAINSTORMING

Grab one to inspire you as you fill out the Mission Sheet.

3 FOR WHOM? My rule is for: Color in or circle the icons.

Or add your own here!

4 POWER UPS: My rule's power ups are...

- more connection with family and friends
- more enjoyment of eating yummy food

5 Your name: Elizabeth **6** Your age: 7

7 Your adult's email address or phone number: parent.email@gmail.com

SUBMIT HERE: www.thegiantroom.ca

YOUR MISSION: Make your own rules for cellphones!

1 RULE: My rule is... No phone around dinner.

2 DRAW: Make a visual for your rule by drawing or describing it.

THE GIANT ROOM

NO PHONES

RULE:

- No phones at the dinner table.

POWER UPS:

- Connection with family and friends
- Enjoyment of eating yummy food

BY: ELIZABETH, AGE 7



verizon

PRESENTED IN PARTNERSHIP WITH VERIZON



1 My rule is...

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YOUR MISSION: Make your own rules for cellphones!

1 RULE: My rule is...
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2 DRAW: Make a visual for your rule by drawing or describing it.

Your rule from the Mission Sheet goes here on your card!

RULE:
No phones at the dinner table.

1

CELLPHONE RULES: TIME



You can use these sparks as you write YOUR Rule to answer question #1:

No phone after ...

No phone before ...

No phone when ...

No phone while ...

Screen-free time:

Phones allowed ...



bed time

breakfast

family game nights

dinner time

calm time

weekdays

weekends

OR...

1

CELLPHONE RULES: LOCATION



You can use these sparks as you write YOUR Rule to answer question #1:

No phone in ...

No phone around ...

No phone at ...

Phones kept in ...

No phone close to ...

Phone-free zones:

Phone in reach when ...



bed

dining table

bedroom

common charging spot

your eyes

school

classroom

playground

away from home

out with friends

OR...

1

CELLPHONE RULES: ACTION



You can use these sparks as you write YOUR Rule to answer question #1:

No phone while ...

No phone until ...

No phone when ...

Share location with parents when...



doing homework

someone talks to you

driving

eating

walking

sleeping

biking

crossing the street

using your scooter

during conversations

when having guests

going out with friends

OR...

1

CELLPHONE RULES: ETIQUETTE



You can use these sparks as you write YOUR Rule to answer question #1:

Put your phone on silent when ...

No loud music around ...

No taking pictures or videos of others without ...

Step away to take calls when ...

Don't record ...

Excuse yourself if ...

No speakerphone in ...

Don't make fun of someone else's device.

Put your phone down when ...

If a mistake happens, tell ... the truth - no hiding.

OR...

1

CELLPHONE RULES: PERMISSIONS



You can use these sparks as you write YOUR Rule to answer question #1:

Ask permission from ...

Ask before ...



downloading an app
adding a new contact
online purchase
creating a new account
using saved payment methods
subscribing to free trials
turning on location sharing in apps
giving your phone number to...
visiting ... websites
joining ...

OR...

1

CELLPHONE RULES: TEXTING



You can use these sparks as you write YOUR Rule to answer question #1:

Think before you send ...

No texting when feeling

No texting ... things

No replies to ...

Don't expect immediate replies from others.

Never share ...

Tell ... if a stranger texts you.

Don't share ... without permission.

No location sharing via text without ... approval.

No group-chat bullying.

No group-chat excluding others on purpose.

If a chat turns mean ...

OR...

1

CELLPHONE RULES: **SOCIAL MEDIA**



You can use these sparks as you write YOUR Rule to answer question #1:

Report ...

Be cautious of ...

Keep accounts ...

Don't announce ...

Walk away from ...

Only write ...

No posting ...

No sharing ...

Always be ...

Tell ... if ...

Don't believe ...

Never chat with ...

Ask permission before ...

If something makes you uncomfortable ...

No posting when feeling ...

Only accept follow requests from ...

Limit time on social media to ...



bullying

body shaming

fake news

secret accounts

scary things

mistakes

going live

OR...

1

CELLPHONE RULES: **GAMING**



You can use these sparks as you write YOUR Rule to answer question #1:

Only play with ...

No sharing ...

Never play with ...

Ask permission before ...

Take breaks every ...

Don't tell strangers ...

Only voice chat with ...

Do not chat with ...

Never agree to ...

Stop playing if ...

Use a gamer tag that doesn't reveal your identity.

Only play games approved by ...

If something makes you uncomfortable ...

Only accept play requests from ...

Limit online gaming to...

If someone is mean or creepy ...



in game purchases

scary

violent

trash talk

bullying

hate speech

gambling

OR...

1

CELLPHONE RULES: AI



You can use these sparks as you write YOUR Rule to answer question #1:

Don't upload photos of yourself, when using AI.

Don't upload videos of yourself, when using AI.

Don't share personal information with AI.

Be honest when using AI.

Don't use AI to cheat on tests or assignments.

Don't use AI to make fake images of people.

Remember, AI makes mistakes.

Always check the source when using AI.

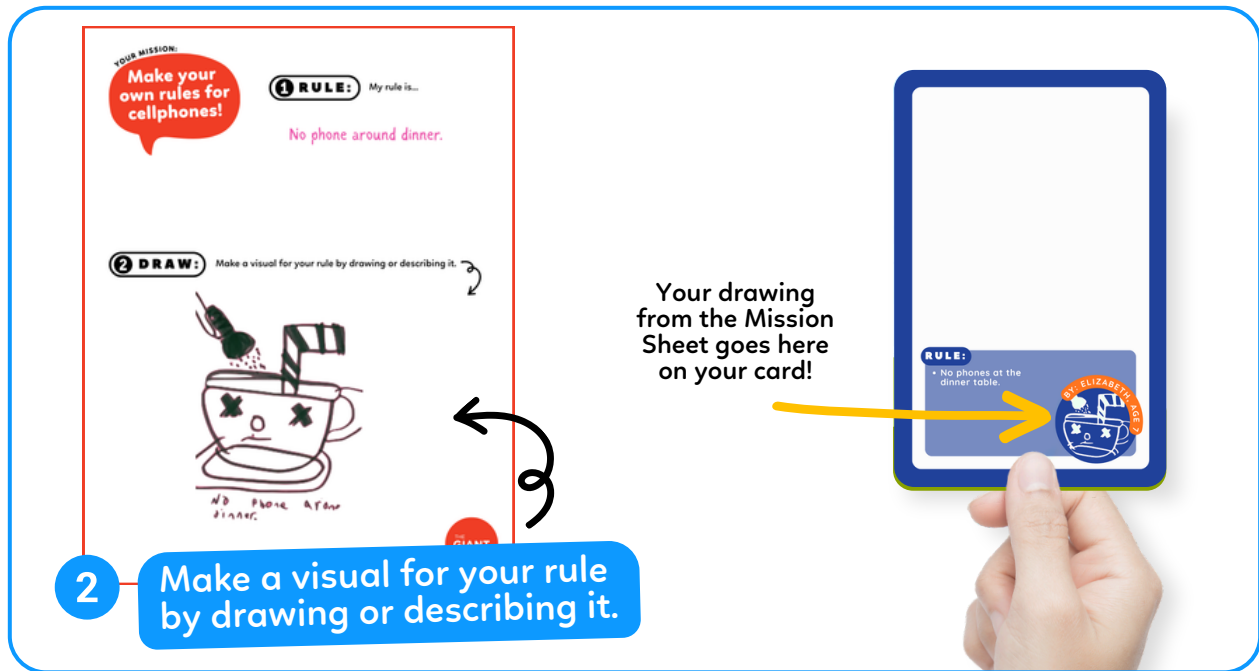
Ask before turning on voice recording features.

Don't create violent, scary, or harmful content.

Remember AI is a tool, not a person or friend.

Ask ... before using AI for ...

Tell ... if AI says something ...



2

DRAWING FOR YOUR RULE

Have these in mind when making a drawing for your rule:

Make it look cool

Make it stick

Make it memorable

Make it tell the story

Make it funny

Make it relatable

Balance positive and negative

4

My rule's power ups are...

3 FOR WHOM? My rule is for:  Color in or circle the icons.

4 POWER UPS: My rule's power ups are...

- more connection with family and friends
- more enjoyment of eating yummy food

5 Your name: Elizabeth **6** Your age: 7

★ Your adult's email address or phone number:
We'll send your trading card to you when it gets published!
parent.email@gmail.com

Match it up!
How did you do? Check your published card in trading card!

Match it up!
How did you do? Check your published card in trading card!

SUBMIT HERE: www.thegiantroom.com/remix

Your response for question 4 goes here on your card!



4

RULE'S POWER UPS

Power ups are the WHYs behind your rules! You can use these ideas as you think of your rule's power ups:

More connections with

Better conversations

More enjoyment of...

More quality time

Being safe

More trust from ...

Spreading kindness

Feeling less ...

Being responsible

Better mental health

Feeling ...

Less stress

Better focus

Improved mood

Stronger friendships

Boost confidence

4

RULE'S POWER UPS

Power ups are the WHYs behind your rules! You can use these ideas as you think of your rule's power ups:

Better emotional control

Feeling calmer

Feeling happier

Feeling supported

Stronger memory

Faster learning

More creativity

Stronger attention span

More curiosity

Better sleep

Easier mornings

Healthier eyes

Boosting self-respect

Protection from harmful content

Less risk of cyberbullying

Trust to earn more freedom

4

RULE'S POWER UPS

Power ups are the WHYs behind your rules! You can use these ideas as you think of your rule's power ups:

Avoiding scams

Better privacy

Less headaches

Better posture

More physical activity

Better eating habits

Enjoying the moment

Better social life

Richer experiences

Better vacations

Stronger eye contact

Spreading empathy

Ability to unplug

BONUS RESOURCES

Check out research-backed resources to continue learning about best practices for family phone-use and media rules.



CHECK OUT
THE RESOURCES
HERE



[TINYURL.COM/YC4946UT](https://tinyurl.com/YC4946UT)