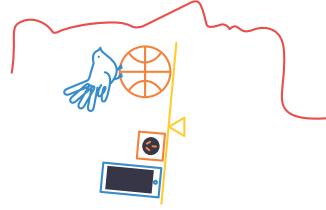




# Make your own Detox Box

Having a workplace or whānau Detox Box is a great way to catch some digital downtime together.

1. Find a tissue box, small shoebox or similar.
2. Stick the other labels from these sheets onto your selected box.
3. Laugh with glee, then grab the crew and agree on some 'phone free rituals' (i.e. during meetings or at meal-time).



*all  
right?*

Find the balance that works for you

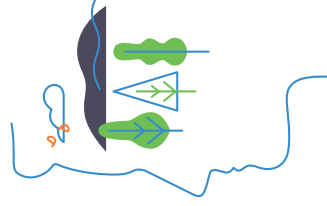
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*all  
right?*

Kanohi ki te kanohi

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SCORE SOME BALANCE!

DIGITAL

**DETOX**

BOX

TUCK YOUR PHONE IN HERE