

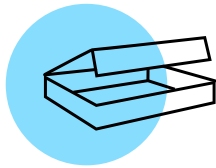


DIY PHONE BOX KIT

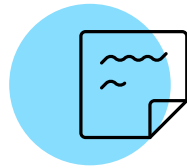
Live life in US Mode by unplugging & playing.

Create a special box to keep your family's phones and devices out of sight during dinner, playtime, or family time. Turning your phones off helps you enjoy quality time together and make meaningful memories. It's a great way to stay present with each other – and a fun way to build family traditions around no-technology zones.

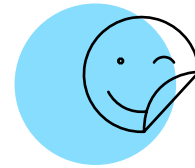
What you'll need



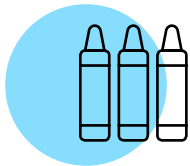
A sturdy cardboard box
(Ex: Repurpose a shoe box)



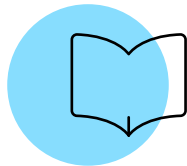
DIY instructions



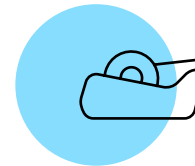
Fun stickers



Crayons,
glitter pens, or paint



Magazines to cut out
photos, phrases or favorite
things to collage



Tape or glue for
decoration

STEPS TO CREATE YOUR US MODE PHONE BOX

1 Gather Your Supplies

- TIPS**
- Before you start decorating, get together your cardboard box, markers, stickers, and any other art supplies you want to use.
 - If you're using a repurposed box, make sure it's clean, able to be decorated and sturdy enough to hold phones without tipping over.

2 Prepare the Box

- TIPS**
- If the box is too large, you can trim it down to a size that's more convenient for holding your phones. Make sure it's tall enough to fit most phones inside, and with enough space for a few extras.
 - Once the size is good, you can cut the top flaps of the box so it opens easily. If the box is large, you might also want to add some dividers (cut from extra cardboard) to create different sections for each family member's phone.

3 Decorate & Personalize

- TIPS**
- **Get creative:** Use markers, crayons, or paint to design the outside. Add fun stickers or draw designs—let the kids decorate their own side of the box.
 - **Create a Resting Place:** Draw a bed, pillow, or resting space inside the box to show where the phones go for their “nap.” It makes it more fun and reminds everyone that their phones are resting too.

4 Phone Guidelines

- TIPS**
- Make sure all phones are turned off before placing them in the box. This helps them stay cool and safe.
 - Once phones are in the box, they stay there until the agreed upon time.

5 Make it a Habit

- TIPS**
- Use your US Mode Phone Box during family times like dinner, movie night or outdoor play.
 - Set a timer or alarm to signal when it's time to unplug.

PRO TIPS:

Think Outside the Box: Anything goes as long as you have fun with it and make it part of your plan.

Bring Your Creativity to Life: Turn your US Mode Phone Box into a pet, character, or creature who swallows your phone when it's time to disconnect.



Family Fun: Everyone can get involved in the decorating process. Maybe have a family “decorating party” with snacks and music.

Make it a Challenge: Challenge the family to see who can leave their phone in the box the longest. The winner gets to pick a special activity or treat.

Create an “US Mode Day”: Try one day a week where the whole family unplugs together. It could be a Sunday tradition to unwind and reconnect without distractions.

Enjoy the process of creating your phone box and remember—sometimes the best way to connect is to unplug & play.

Find more resources for healthy digital habits at UScellular.com/BuiltforUS