






Agree to Agree *Christmas Pause*

Reflect and Reconnect

This festive season, give your attention the gift it deserves. Take a pause from the constant scroll, the endless alerts, and the digital noise.

What is a “Christmas Pause”?

It’s a simple invitation for families to:

-  **Reflect** on how much time we spend on our devices.
-  **Notice** which apps or games draw us in the most.
-  **Choose** a few to pause or limit — even for a few days.

The Christmas Pause is flexible—no fixed schedule, no pressure. Pick times that work best for your family: meals, movie nights, gift-giving, or a special outing.

✨ **#A2AChristmasPause** –
Make space for what really matters ✨





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Why Not a Total Detox?

Because life doesn't stop when we switch off.

Our phones help us stay connected, organised, and informed — and that's okay.

This isn't about cutting tech out — it's about finding balance and using it with intention.

Small Changes, Big Difference

Try one or two of these ideas:

- ✧ Turn off notifications from non-essential apps.
- ✧ Create a “device-free” zone during meals or gift unwrapping.
- ✧ Replace one scroll session with a real-world chat or walk.
- ✧ Reflect together: What feels better when we step back a little?

A mindful Christmas starts with a pause.

Take a breath, put the phone down — even for a moment —
and be present with those who matter most.

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