



Phone-Free Tables Challenge

OVERVIEW:

- Set up small bins in the center of dining hall tables for people to put their phones in while they eat

STEPS:

- Decide how many tables should have bins
- Decorate bins with TLLM stickers
- Print out (on thick paper if available) and laminate conversation cards with prompts to put in each bin
- Send emails and make announcements to each class about the challenge
- Create or print out and post flyers around campus to encourage people to use the bins and get off their devices during meals
- Set up bins in the dining hall



**PHONE-FREE
TABLES**

**PUT YOUR PHONE IN
THE BIN AND TALK TO
EACH OTHER**



<https://www.reviews.org/mobile/cell-phone-addiction/>

We spend **2 hours**,
54 minutes on our
phones each day.

<https://www.reviews.org/mobile/cell-phone-addiction/>

The average
person will spend
nearly a month
and a half –
44 days
– on their phones
in 2022.

<https://www.reviews.org/mobile/cell-phone-addiction/>

On average, we
check our phones
every 4 minutes.

What do you wish
you had more
time for?



Do you feel like
you spend a lot
of time on your
phone?



How long could
you go without
checking your
phone?



Do you do things
to post about
them or post
about the things

See if you can
go 10 minutes
without your
phone today.

Why do those
apps deserve
your attention?

Can you do
something fun
without posting
about it?

What's the
longest you've
gone without
using a device?

Which apps
do you use the
most?

