

```
<!doctype html>
<html lang="en">
<head>
  <meta charset="utf-8" />
  <meta name="viewport" content="width=device-width,initial-scale=1" />
  <title>Anti-Scroll Dashboard (Free Alternatives)</title>
  <style>
    :root{
      --bg:#0b1220; --panel:#101a2e; --card:#121f38; --border:#243457;
      --text:#e8eefc; --muted:#b8c6ea; --accent:#7aa2ff; --accent2:#34d399;
      --shadow: 0 10px 30px rgba(0,0,0,.35);
      --radius:16px;
      --font: ui-sans-serif, system-ui, -apple-system, Segoe UI, Roboto, Helvetica, Arial, "Apple Color Emoji", "Segoe UI Emoji";
    }
    *{ box-sizing:border-box; }
    body{
      margin:0; font-family:var(--font); color:var(--text); background:radial-gradient(1200px 700px at 15% 10%, #152a5a 0%, var(--bg) 55%);
      min-height:100vh;
    }
    header{
      padding:28px 18px 14px;
      max-width:1200px; margin:0 auto;
    }
    .top{
      display:flex; gap:14px; align-items:flex-end; justify-content:space-between; flex-wrap:wrap;
    }
    h1{ margin:0; font-size:28px; letter-spacing:.2px; }
    .sub{ margin:6px 0 0; color:var(--muted); line-height:1.4; max-width:72ch; }
    .controls{
      display:flex; gap:10px; align-items:center; flex-wrap:wrap; justify-content:flex-end;
    }
    .pill{
      background:rgba(255,255,255,.06);
      border:1px solid rgba(255,255,255,.10);
      padding:10px 12px; border-radius:999px; box-shadow:var(--shadow);
      display:flex; gap:8px; align-items:center;
    }
    .pill input, .pill select{
      background:transparent; border:none; outline:none; color:var(--text);
      font-size:14px; min-width:220px;
    }
    .pill select{ min-width:200px; }
```

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.pill input::placeholder{ color:rgba(232,238,252,.55); }

main{
    max-width:1200px; margin:0 auto; padding:0 18px 28px;
}

.grid{
    display:grid; gap:14px;
    grid-template-columns:repeat(12,1fr);
    margin-top:16px;
}

.section{
    grid-column:span 12;
    background:linear-gradient(180deg, rgba(255,255,255,.06), rgba(255,255,255,.03));
    border:1px solid rgba(255,255,255,.10);
    border-radius:var(--radius);
    padding:14px;
    box-shadow:var(--shadow);
}

.section-head{
    display:flex; align-items:center; justify-content:space-between; gap:10px; flex-wrap:wrap;
    padding:6px 6px 12px;
}

.section h2{ margin:0; font-size:16px; letter-spacing:.25px; }

.count{ color:var(--muted); font-size:13px; }

.cards{
    display:grid; gap:12px;
    grid-template-columns:repeat(12, 1fr);
}

.card{
    grid-column:span 12;
    background:var(--card);
    border:1px solid rgba(255,255,255,.10);
    border-radius:14px;
    padding:14px;
    display:flex; flex-direction:column; gap:10px;
    transition:transform .15s ease, border-color .15s ease;
}

@media(min-width:680px){
    .card{ grid-column:span 6; }
}

@media(min-width:980px){
    .card{ grid-column:span 4; }
}

.card:hover{
    transform:translateY(-2px);
```

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    border-color:rgba(122,162,255,.45);
}
.tagline{
  display:flex; align-items:center; justify-content:space-between; gap:10px;
}
.title{
  font-weight:650; font-size:15px; margin:0;
  display:flex; gap:8px; align-items:center;
}
.badge{
  font-size:12px; color:#06121f;
  background:linear-gradient(90deg, var(--accent2), #60a5fa);
  padding:3px 8px; border-radius:999px;
  font-weight:700;
  white-space:nowrap;
}
.desc{ margin:0; color:var(--muted); line-height:1.45; font-size:13.5px; }
a.button{
  margin-top:auto;
  display:inline-flex; align-items:center; justify-content:center; gap:8px;
  padding:10px 12px; border-radius:12px; text-decoration:none;
  background:rgba(122,162,255,.14);
  border:1px solid rgba(122,162,255,.35);
  color:var(--text);
  font-weight:650; font-size:13.5px;
}
a.button:hover{ background:rgba(122,162,255,.20); }
footer{
  max-width:1200px; margin:0 auto; padding:0 18px 26px; color:rgba(232,238,252,.65);
  font-size:12.5px; line-height:1.45;
}
.hint{
  background:rgba(255,255,255,.05);
  border:1px solid rgba(255,255,255,.10);
  border-radius:14px; padding:12px 14px;
}
.kbd{
  border:1px solid rgba(255,255,255,.20);
  background:rgba(0,0,0,.25);
  padding:2px 6px; border-radius:6px;
  font-family:ui-monospace, SFMono-Regular, Menlo, Monaco, Consolas, "Liberation Mono",
monospace;
  font-size:12px; color:rgba(232,238,252,.9);
}
```

```
</style>
</head>

<body>
<header>
<div class="top">
<div>
<h1>Anti-Scroll Dashboard</h1>
<p class="sub">
    Free alternatives to mindless Facebook scrolling: bite-sized learning, quality videos, skill-building, and focus tools.
    Use search + category filter to keep it intentional.
</p>
</div>

<div class="controls">
<div class="pill" title="Search resources">
<span aria-hidden="true"></span>
<input id="search" type="search" placeholder="Search (ex: science, focus, book) ..." />
</div>

<div class="pill" title="Filter by category">
<span aria-hidden="true"></span>
<select id="category">
<option value="all">All categories</option>
<option value="learning">Learning (Courses)</option>
<option value="video">Educational Video</option>
<option value="summaries">Summaries (Books/Ideas)</option>
<option value="reading">Curated Reading</option>
<option value="skills">Skill-Building</option>
<option value="focus">Focus / Habit</option>
<option value="communities">Communities</option>
</select>
</div>

<div class="pill" title="Keyboard shortcut">
<span aria-hidden="true"></span>
<span style="color:var(--muted); font-size:13px;">Press <span class="kbd">/</span> to search</span>
</div>
</div>
</div>
</header>
```

```
<main>
  <section class="section">
    <div class="section-head">
      <h2>Resources</h2>
      <div class="count"><span id="shownCount">0</span> shown</div>
    </div>

    <div class="cards" id="cards"></div>
  </section>
</main>

<footer>
  <div class="hint">
    <strong>Use this as a replacement loop:</strong>
    open dashboard → pick 1 resource → consume 10–20 minutes → stop.
    If you want, set a phone timer and treat it like a “session,” not a feed.
  </div>
</footer>

<script>
  // Add/edit resources here.
  const resources = [
    // --- From our earlier list ---
    {
      name: "Khan Academy",
      url: "https://www.khanacademy.org/",
      category: "learning",
      badge: "Free",
      desc: "Structured lessons and short videos across math, science, history, and more. Great for 10-minute learning sprints."
    },
    {
      name: "OpenLearn (Open University)",
      url: "https://www.open.edu/openlearn/",
      category: "learning",
      badge: "Free",
      desc: "Free micro-courses and articles from The Open University. Good for quick, purposeful reading."
    },
    {
      name: "TrueTube",
      url: "https://truetube.co.uk/",
      category: "video",
      badge: "Curated",
    }
  ]
</script>
```

```
        desc: "Thoughtful documentary-style educational videos designed to reduce addictive
browsing."
    },
    {
        name: "YouTube: Smarter Every Day",
        url: "https://www.youtube.com/@smartereveryday",
        category: "video",
        badge: "Channel",
        desc: "High-quality science/engineering videos with real experiments and clear
explanations."
    },
    {
        name: "YouTube: Veritasium",
        url: "https://www.youtube.com/@veritasium",
        category: "video",
        badge: "Channel",
        desc: "Science videos focused on counterintuitive ideas, experiments, and research
stories."
    },
    {
        name: "YouTube: Kurzgesagt",
        url: "https://www.youtube.com/@kurzgesagt",
        category: "video",
        badge: "Channel",
        desc: "Animated explanations of big science topics. Great when you want clear, high-level
understanding fast."
    },
    {
        name: "YouTube: CGP Grey",
        url: "https://www.youtube.com/@CGPGrey",
        category: "video",
        badge: "Channel",
        desc: "Compact explainer videos about systems, politics, history, and decision-making."
    },
    {
        name: "YouTube: CrashCourse",
        url: "https://www.youtube.com/@crashcourse",
        category: "video",
        badge: "Channel",
        desc: "Fast, structured learning series (history, psychology, science). Watch by playlist for
momentum."
    },
    {
        name: "Refind",
```

```
url: "https://refind.com/",
category: "reading",
badge: "Mostly free",
desc: "Daily curated articles based on your interests. Designed to replace doomscrolling with useful reading."
},
{
  name: "StoryShots",
  url: "https://www.storyshots.com/",
  category: "summaries",
  badge: "Freemium",
  desc: "Book summaries in text/audio formats. Use it when you want the key ideas without the full book."
},
{
  name: "Reddit (educational communities)",
  url: "https://www.reddit.com/",
  category: "communities",
  badge: "Free",
  desc: "Can be high-value if you subscribe narrowly (e.g., r/AskScience, r/TodaysILearned, r/Documentaries)."
},
// --- Additional strong free options (no subscription required) ---
{
  name: "Wikipedia 'Random'",
  url: "https://en.wikipedia.org/wiki/Special:Random",
  category: "reading",
  badge: "Free",
  desc: "A surprisingly good replacement for a feed: one new topic at a time, no infinite algorithm."
},
{
  name: "Project Gutenberg",
  url: "https://www.gutenberg.org/",
  category: "reading",
  badge: "Free",
  desc: "Free public-domain books. Great for offline reading instead of social media."
},
{
  name: "Internet Archive",
  url: "https://archive.org/",
  category: "reading",
  badge: "Free",
```

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    desc: "Huge library of books, documentaries, and audio. Useful when you want long-form
depth."
},
{
  name: "freeCodeCamp",
  url: "https://www.freecodecamp.org/",
  category: "skills",
  badge: "Free",
  desc: "Learn coding in small chunks with projects. Strong alternative when you want
progress you can measure."
},
{
  name: "Duolingo",
  url: "https://www.duolingo.com/",
  category: "skills",
  badge: "Free tier",
  desc: "Short daily lessons to build a language habit. Feels like a game without being a
scroll trap."
},
{
  name: "Pomofocus (Pomodoro Timer)",
  url: "https://pomofocus.io/",
  category: "focus",
  badge: "Free",
  desc: "Simple browser-based Pomodoro timer. Use it to put a hard boundary around social
media time."
}
];

```

```

const cardsEl = document.getElementById("cards");
const searchEl = document.getElementById("search");
const categoryEl = document.getElementById("category");
const shownCountEl = document.getElementById("shownCount");

```

```

function render(list){
  cardsEl.innerHTML = "";
  list.forEach(item => {
    const card = document.createElement("article");
    card.className = "card";
    card.setAttribute("data-category", item.category);

    card.innerHTML = `
      <div class="tagline">
        <p class="title">${escapeHtml(item.name)}</p>
    
```

```

        <span class="badge">${escapeHtml(item.badge || "Free")}</span>
    </div>
    <p class="desc">${escapeHtml(item.desc)}</p>
    <a class="button" href="${item.url}" target="_blank" rel="noopener noreferrer">
        Open resource <span aria-hidden="true">↗</span>
    </a>
    `;
    cardsEl.appendChild(card);
});
shownCountEl.textContent = list.length.toString();
}

function escapeHtml(str){
    return String(str)
        .replaceAll("&", "&")
        .replaceAll("<", "<")
        .replaceAll(">", ">")
        .replaceAll("'", """)
        .replaceAll("''", "&#039;");
}

function filter(){
    const q = searchEl.value.trim().toLowerCase();
    const cat = categoryEl.value;

    const filtered = resources.filter(r => {
        const matchesCategory = (cat === "all") || (r.category === cat);
        const haystack = (r.name + " " + r.desc + " " + r.badge + " " + r.category).toLowerCase();
        const matchesQuery = !q || haystack.includes(q);
        return matchesCategory && matchesQuery;
    });

    render(filtered);
}

// Keyboard shortcut: "/" focuses search
window.addEventListener("keydown", (e) => {
    if (e.key === "/" && document.activeElement !== searchEl) {
        e.preventDefault();
        searchEl.focus();
    }
});

searchEl.addEventListener("input", filter);

```

```
categoryEl.addEventListener("change", filter);

// Initial render
render(resources);
</script>
</body>
</html>
```