

(cover of box)

ATTENTIONAL: BEE WITH NO BUZZ

(sheet on inside of lid)

This box contains a challenge that will teach you and your family about what it takes to be intentional with your attention. In the box are things to read, things to do, and things to talk about. It will take 4 weeks for your family to do all the activities in the box together and complete the “Attentional Challenge”.

The box has 3 sections: the first week will teach you about intentional attention, the second and third weeks will help you practice being intentional with your attention, and the fourth week will let you share what you’ve learned. Each week comes with instructions about what to do that week.

Open “Week 1” when your family is ready to start the Attentional Challenge.

(section 1 cover)

WEEK 1: BEE AWARE

(sheet)

This week, your family will learn what it means to be intentional with your attention. There is an activity to complete every day as a family.

(envelope 1)

Day 1: Read a Story

(10-page book)

God made things good.

We are fallen, but God made us in His image and calls us to redeem creation.

Technology helps us when we’re afraid of being uncomfortable. It allows us to distract ourselves with things everywhere we go, all the time.

We are afraid of being alone. We are afraid of being powerless. We are afraid of things we don’t know. We are afraid of awkwardness. We are afraid of losing the people we care about.

We are afraid of people judging us. We are afraid of being useless. We are afraid of failing. We are afraid of facing real life when real life is not what we want it to be.

These fears are Satan's lies.

Perfect love casts out fear.

Jesus calls us to love strangers, love neighbors, love friends, love family, and love God.

Love does things. What we intentionally give our attention to is what we love most.

Does your attention need to be refocused?

(envelope 2)

Day 2: Play a Card Game

(instruction sheet)

This game will teach you about the ways people focus on things and don't focus on other things. Think about what you focus on while you play the game.

Instructions: Sit your family in a circle. Nominate one person to start with the deck of cards. That person asks the question on the first card to the person on their right. If the person answers correctly, they get one point, and if not, they don't get any points. Then, that person takes the deck and asks the question on the next card to the person on their right. Keep track of points. After all cards are used, the person with the most points wins.

When the game is over, talk about what you thought of the answers to the questions. Were you surprised about any of the answers? Do you see these tendencies in your own lives and in other people's lives? How can you begin to build healthier relationships with your neighbors, friends, and family?

(set of 10 cards, printed on front and back)

1. The average attention span is decreasing. 10 years ago, it was 12 minutes. Today, it is _____ minutes.

- A. 2
- B. 5
- C. 8
- D. 10

Answer: B

Source: Plumridge, N. (2013). *Is the Internet Destroying our Attention Span?* Retrieved October 20, 2014, from <http://psychminds.com/is-the-internet-destroying-our-attentions-span/>.

2. ____ % of people between the ages of 18 and 34 can't go longer than an hour without checking their phones

- A. 30
- B. 50
- C. 70
- D. 90

Answer: C

Source: Article 14, *Social Conditions Research*

3. Teenagers between the ages of 13-17 send / receive _____ text messages monthly.

- A. 1560
- B. 2143
- C. 3705
- D. 4209

Answer: C. That's 123 texts a day!

Source: *How Much Apple Gain from the iPhone, infographic*,
<http://theultralinx.com/2012/09/apple-gain-iphone-infographic.html>

4. Phone and tablet users now spend an average of ____ minutes per day using apps.

- A. 13
- B. 34
- C. 69
- D. 94

Answer: D

Source: *How Much Apple Gain from the iPhone, infographic*,
<http://theultralinx.com/2012/09/apple-gain-iphone-infographic.html>

5. ____% of moms say they are “addicted” to their smartphones
- A. 23%
 - B. 30%
 - C. 37%
 - D. 52%

Answer: C. On average, moms spend 37% of their daily media time with their smartphones, which is double the time spent watching TV, and more time than any other media, including radio, magazines, and newspapers.

*Source: How Much Apple Gain from the iPhone, infographic,
<http://theultralinx.com/2012/09/apple-gain-iphone-infographic.html>*

6. ____ in ____ households in the United States have cut their landline, making their mobile device their only means for telecommunication.
- A. 2 in 3
 - B. 1 in 4
 - C. 5 in 10
 - D. 1 in 8

Answer: B. 50 million people worldwide own a mobile device but do not have electricity at home.

*Source: How Much Apple Gain from the iPhone, infographic,
<http://theultralinx.com/2012/09/apple-gain-iphone-infographic.html>*

7. The percentage of people who spend an evening socializing with neighbors tumbled from 44% in 1974 to ____% in 2008.
- A. 31
 - B. 23
 - C. 19
 - D. 15

Answer: A. “The evolving modern definition of a good neighbor is no longer someone who is part of your life, someone you chat with over your fence, a reliable shoulder in good times and bad, but someone who doesn’t bother you, either in your enjoyment of your home or by threatening its property value.”

Source: Bethune, B. (2014). The end of neighbors. Maclean's, 127(32), 40-43.

8. People are able to maintain meaningful relationships with a maximum of _____ people.
- A. 30
 - B. 55
 - C. 90
 - D. 150

Answer: D. However, in-person relationships moved online can disappear in 18 months.

Source: Bethune, B. (2014). *The end of neighbors*. *Maclean's*, 127(32), 40-43.

9. Couples carrying smartphones while conversing feel less _____ and have lower quality relationships.
- A. Connected
 - B. Attracted
 - C. Engaged
 - D. Empathy

Answer: D. You're never alone because the smartphone is the "megaphone to broader conversational audiences."

Source: Kita, P. (2014). *Less Text More Sex*. *Men's Health* (10544836), 29(4), 84-85.

10. Using phones for relational uses leads people to detract from _____ in public settings.
- A. Family
 - B. Friends
 - C. Strangers

Answer: C, "Mobile phones favor depth in intimate relationships at expense of breadth, including relationships with strangers. Diverse social interaction with strangers is needed for society to function."

Source: Campbell, S. W., & Kwak, N. (2011). *Mobile Communication and Civil Society: Linking Patterns and Places of Use to Engagement with Others in Public*. *Human Communication Research*, 37(2), 207-222. doi:10.1111/j.1468-2958.2010.01399.x

(envelope 3)

Day 3: Play the Distracted Game

(instruction sheet)

Today, you will play a game called "Distracted". The objective of the game is to become aware of misplaced attention.

Gameplay: As a family, select a public place. This can be a grocery store, a restaurant, a park, or wherever the family would like to observe people. Count the number of times you see a person on a device (like a cell phone, tablet, television, etc.) When you observe someone being distracted, call out “distracted!” to note the behavior. Play as a team as an observant family. For more competitive families, keep count of observations per team player. The player who calls out “distracted!” first gets a point. Should two or more players call out “distracted!” at the same time neither gets a point. The player with the most points wins.

(envelope 4)

Day 4: Do a Bible Study: Love God, Love People

(instruction sheet)

After dinner, read through this devotional as a family. Afterward, fill out the prayer cards provided at the end of the packet. There are seven cards, one for each day of the week. Write down seven people, one name on each card, that your family wants to pray for. You can people from your neighborhood, your school, your church, your work, or your extended family. Pray for the person written on the card on each day. Continue praying for a person a day as long as your family wants to. Then, tell the people your family prayed for them.

(6-page booklet)

Our Daily Bread – David C McCasland

A restaurant owner in the village of Abu Ghosh, just outside Jerusalem, offered a 50-percent discount for patrons who turned off their cell phones. Jawdat Ibrahim believes that smartphones have shifted the focus of meals from companionship and conversation to surfing, texting, and business calls. “Technology is very good,” Ibrahim says. “But . . . when you are with your family and your friends, you can just wait for half an hour and enjoy the food and enjoy the company.”

How easily we can be distracted by many things, whether in our relationship with others or with the Lord.

Jesus told His followers that spiritual distraction begins with hearts that have grown dull, ears that are hard of hearing, and eyes that are closed (Matt. 13:15). Using the illustration of a farmer scattering seed, Jesus compared the seed that fell among thorns to a person who hears God’s Word but whose heart is focused on other things. “The cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful” (v.22).

There is great value in having times throughout each day when we turn off the distractions of mind and heart and focus on the Lord.

O Lord, help me to turn off all the
distractions around me and focus on You.
May my heart be good soil for the
seed of Your Word today.

Focusing on Christ puts everything else in perspective.

(last page has a pocket with 7 cards that say "Today, we will pray for...")

(envelope 5)

Day 5: A Break from the Buzz

(instruction sheet)

According to a study we did of 50 parents, 78% of respondents take time to "unplug". This has many positive effects. However, as our study showed, people have different ideas of what "unplugged" looks like. People also had different ideas about when to unplug. Here are some of their ideas about how or when to disconnect from the buzz:

Some people unplug every weekend, when their with friends, on a walk, at night, after work, when making dinner, when reading, at the gym, or during a vacation. Some unplug once a day (at dinner for example), once a week (every Saturday), once a month (hiking trips), or even once a year ("Freedom February" where the phone is only used for necessity). Some take breaks from Facebook or delete time-consuming games on their phone. Some turn their phones on vibrate, completely off, or put them in another room. Regardless of the time, frequency, or what "off" means, taking time away from your devices is a fantastic exercise.

For your challenge, meet with your family to come up with a definition for the word "unplug". Determine when unplugging should start and end, and what it means to "unplug". If you decide you need a place to stash your technology, that place could be this box. Write all the details on this sheet and have each family member sign the agreement. You will use it later when you set goals.

(laminated "A Break from the Buzz" sheet)

(envelope 6)

Day 6: Make a Poster

(instruction sheet)

This poster says “I will live a life of love.” Set your priorities. Decide what you want to be intentional about paying attention to. Paste three pictures on this poster of the three things in your life you want to love. Hang it where you will see it when you first wake up. Love every day by being intentional with your attention. Leave the poster up for at least 1 week.

(poster)

(space for 3 pictures)

“I will live a life of love.”

(envelope 7)

Day 7: Sabbath

Today is the Sabbath, so take a rest. If you can, integrate the idea of rest into your whole day.

(section 2 cover)

WEEKS 2-3: BEE ACTIVE

(sheet)

In the next two weeks, your family will practice what you learned in week 1 about intentional attention. You will have two family meetings in order to explore practical ways to be intentional with your attention: one meeting on day 8 and one on day 15.

Day 8: Resources and Challenge

(Sheet explaining resources: tip book, family activity cards)

RESOURCES

1. Tip Book

This book is full of tips for using technology in a way that enables you to be intentional with your attention. Everyone spends time using technology, but we should use technology in a way that enhances the way we pay attention to people. Read the book of tips as a family and start looking for ways to integrate the tips into your daily lives. Feel free to add tips of your own to the back of the book.

(7-page book)

Tip 1: Observe Yourself

There are many beneficial and good reasons for using technology, and it is important to know why we are using it. At times, people open their phone to simply check the time and end up scrolling through their Facebook newsfeed for 15 minutes. There are several reasons we use technology. We use it to occupy ourselves, to connect with people, and to do tasks. If you can learn to become aware of the reasons you use technology, you can use it in a way that doesn't misplace your attention.

Tip 2: Filter Emails

Sometimes people take work home with them, and this can be a problem. While some jobs require people to respond to emails and be in constant communication with coworkers, a lot of jobs do not. But people still do it. Learn not to let email consume your life. Filter through which emails are urgent and which emails can be dealt with the next work day. Set up an automated "unavailable" message that tells people you will get back to them at a specified time. Tell people to indicate when emails are "urgent," and only open urgent emails so you don't miss an important message.

Tip 3: Avoid Multitasking

Multitasking is a myth--it's not really possible. Really, multitasking is just switching your attention from one task to the next. You can't concentrate on two things at the same time, and you will give things the attention they deserve when you do one thing at a time. If you focus on one thing at a time and avoid multitasking, you will not be a victim of misplaced attention.

Tip 4: Leave Your Devices Alone

It is easy to focus some of your attention on technology when it is so easy to access. Since you are able to check your phone at any time, it's harder to resist checking it. If you put technology away sometimes, it will help you pay more attention to the things that are most important to you. Don't try to pay attention to people you are with and technology at the same time.

Tip 5: Stop Apologizing

People often feel obligated to respond to message right away because they are able to. You've done this if you've ever said something like, "Sorry I'm just now responding. I just got done having dinner with my family." The people in your life might expect you to be able to communicate with them at any time. You should learn to let go of these social obligations and respond when you decide is the best time to respond. The people who mean the most to you will understand.

Tip Blanks: (additional pages so they can add tips of their own)

2. Make Family Activity Cards

(instruction sheet)

Here is a box of family activity cards with fun things to do as a family. In the box are blank cards so your family can add more activities that you enjoy doing together. Use these cards as a resource when your family wants to spend time together over the next couple of weeks.

(business card box with 33 written cards and 10 blank cards)

1. Take a picnic to the park.
2. Write thank you notes to your teachers at school.
3. Have a bake-off. See who can make the tastiest or the prettiest cupcake.
4. Make a sheet fort and have a family game night there.
5. Have a cooking contest. But make sure you layout the rules ahead of time.
6. Take your family grocery shopping. Divide the grocery list in half and see who gets their items first.
7. Go on a family bike ride.
8. Take the family on a run.
9. Go to a local sports game.
10. It's craft night! Try finger painting or something messy.
11. Have your family call a far away relative or friend. Make sure the phone is on speaker.
12. Take a day to go fishing.
13. Mix starch and water to have some fun in the kitchen.
14. Dress up fancy and go out to ice cream.
15. Go to the nursing home and visit some of the residents.
16. No recipe this time! Try to bake a delicious cake with only your brain to refer to!
17. Go to the store and pick up ingredients for dinner. But there is a catch. You only have a \$7 budget!
18. Watch the sunset in a special place. Don't forget the hot coco.
19. Act out a play or perform a sock puppet show with the family.
20. Play your favorite outdoor sport (4 square, wiffle ball, basketball, chalk, etc.)
21. Plan a treasure hunt! Watch out for the pirates in the backyard!
22. Put on a magic show or talent show in your living room.
23. Bake cookies and have a cookie decorating party. Don't be afraid to use lots of icing!
24. Safari time! Pack and lunch and go to the zoo for the day!
25. Don't have a zoo near you? Visit the pound and play with the animals there instead!
26. Play dress-up and put on a family play. This is great for an all girls night!
27. Go bowling together and see who can make up the funniest technique!
28. Yikes! Watch out! The floor is lava! Jump around on carpets, blankets, pillows and furniture to avoid getting burned by the fire!
29. If it's a nice day, go on a family hike and enjoy some nature.
30. Go on a bike ride on the nearest bike trail
31. Feeling really naturey? Plan a weekend for the family to go camping
32. Ice Cream. Need I say more?

33. Go to the store and pick out a game no one has ever played and learn to play it together. You never know! It may turn into a family favorite!

(sheet explaining Remember to Love Circles challenge and Spread the Love Circles challenge)

CHALLENGE

Remember to Love Circles

Put these yellow circle stickers in various places in your life. Every time you see a yellow circle, let it remind you to be conscious of the fact that you are called to love the people you encounter in the place you are when you see it (strangers, neighbors, friends, family, God).

Put the circles in your house, in places such as:

- On your phone
- On your computer/iPad
- On your mirror
- On your steering wheel
- In your kitchen
- On your front door
- Where you work
- On your Bible
- In your living room
- On your TV
- In your wallet
- By your bed

Spread the Love Circles

Split these green cards up among your family. Carry them with you for the next two weeks, like in your wallet. Every time you intentionally pay attention to someone (stranger, neighbor, friend, family), give them a card. Tell them to be intentional about paying attention to someone tomorrow, and to give the card to that someone with instructions to pass it on. Your family has the power to influence 50 people by the way you interact with them.

(envelope that contains 100 yellow circle stickers and 50 green cards)

Day 15: Family Talk

(sheet with instructions and discussion questions)

Now that it's been two weeks, your family is halfway done with the Attentional Challenge. As a reward for getting this far, today we are going to relax and talk.

Gather your family in a comfortable setting with some kind of snack to create an open environment where your family will feel open to sharing. Appoint one person as a moderator. They will be tasked with asking the family a series of questions. Take your time to let the conversation develop and feel free to take notes after the questions below.

1. Think back to the very first day. We read a story together about how God made all things good, and how sin distorts good things. The devil tempts us by telling us lies about ourselves and about others. What are some things the devil or our sinful society might be telling us about how we should spend our time?
2. In a study we conducted, we asked survey respondents what their biggest social fear was. 44% of the people said their biggest social fear is that they will not meet others' expectations. 22% people said they are afraid they will be embarrassed, 20% said they are afraid they will be judged, and 14% said they are afraid they will be left alone. What are some social fears you have?
3. How do you cope with your social fears? Have you found that technology can be used as a coping mechanism in dealing with your fears? For example: Do you look at your phone instead of talking to someone while waiting in line because you're scared of them judging you? Do you put headphones in when you're afraid of being embarrassed? Do you play games on your phone while you're waiting because you're afraid of appearing alone?
4. Look up 1 John 4:18-21. "Perfect love casts out fear." The Bible says we don't have to live under the control of our fears. We don't have to just cope. When we love each other, we drive out fear. What are some ways you can confront your fears and love people better?
5. Remember day five when you created a poster with pictures of what you wanted to love intentionally? What were the three things you chose? How have you used your resources (your time and money, for example) to focus on those things? Have you been doing a good job of "living a life of love" for your priorities? How can you love better?

Close by reading this benediction from I Thessalonians 3:11-13 (NKJV):

Now may our God and Father Himself, and our Lord Jesus Christ, direct our way to you. And may the Lord make you increase and abound in love to one another and to all, just as we do to you, so that He may establish your hearts blameless in holiness before our God and Father at the coming of our Lord Jesus Christ with all His saints.

does there need to be a transition from day 15 until 22? like continue handing out the circlces and doing family activities and _____?

(section 3 cover)

WEEK 4: BEE INSPIRED

(sheet)

Congratulations! You have made it through weeks one, two, and three. For the last week, your family will reflect and share what you learned about intentional attention.

(envelope 1)

Day 22: Reflect

(sheet)

Bee Inspired week starts with a day to reflect with your family. Plan a time to sit down together and talk through your experiences with the Attentional Challenge. Here are some questions to get the conversation started:

1. Share one thing you learned during this Attentional Challenge.
 2. What was the hardest part of the month for you?
 3. What was the biggest eye-opener for you?
 4. What are you going to do differently because of this Attentional Challenge?
 5. What are the things and who are the people you want to be intentional about paying attention to more?
-

(envelope 2)

Day 23: Set Family Goals

(instruction sheet)

Today, set family goals that encourage your family to be intentional with your attention. As a family, decide on 5 goals that you would like to work on and establish as family habits. Write them on this poster and hang it on your fridge. At the bottom, every family member should sign their name as a sign of commitment to keeping the goals.

Here are some examples of goals that your family can use:

- We will leave all phones in the box during meals times with the family.
- Every _____ (pick a night of the week) night the whole family has to leave phones and electronics in the box for 2 hours.

- We will start a conversation with 3 strangers every week.
- We will write a note instead of a text once a week.
- We will fast from _____ (pick a social media) every weekend.
- Once a (month/week) we will leave our phones turned off and put away for the day.
- If someone feels like they are being ignored due to someone else's "phone warp", they get to give them a "technology time-out" to that person for (30 minutes).
- We will take a "family tech-free retreat" by fasting from technology for (a weekend).
- We will face our social fears by embracing the awkward or the uncomfortable and see what happens!

When your family meets a goal, do something fun as a family as a reward. If you want, you can make your own activity cards or write your activities on popsicle sticks. Have fun creating a family activity jar.

(laminated page:)

"Family Goals"

(space for goals)

I agree to keep these goals to the best of my ability to love my family by being intentional with my attention.

(space for signatures)

(envelope 3)

Day 24: Journal Activity

(instruction sheet)

There are two goals of this journal. First, reflect on your Attentional experience. What would you have done differently? Do you have any stories from this experience? Second, challenge another family. You may notice there are multiple tabs that start the book over again. This journal is one that you will give with the box to another family. You can write advice and share your experience to challenge them.

(25-page journal)

(envelope 4)

Day 25: Attentional App

(instruction sheet)

Your experience with Attentional doesn't end here. Download our app, Attentional. The Attentional is an app that allows you to challenge your family and friends to time away from

their phones or certain social medias for an allotted amount of time. If your family member or friend accepts the challenge, both of you will have to spend the chosen time (it could be 30 minutes or 3 days) away from your phone or a chosen social media. The app tracks whether or not you get past the lock screen of your phone or if you open the app of the chosen social media. If you give in before the time is up you will lose and your competition will win all the points. If you both make it, both of you will split the points. The longer the time away, the higher the point reward. You get to save your points to redeem coupons and rewards that encourage social behavior from local businesses and events.

Download the Attentional App here: (QR Code) and continue being intentional with your attention!

(envelope 5)

Last Day: Sharing is Caring

(instruction sheet)

You've made it! Now that your family has finished the Attentional Challenge, share it with another family. On the USB there are all the files you need to print out the extra material required to pass it on. Reassemble the box as a family and challenge another family to do the Attentional Challenge. Make sure you filled out the journal and keep it in the box for the next family to read. Don't forget about the Attentional app. Share it with friends and start challenging them to take time away from their phones.

(USB with print-out materials)