



Present · Print Pack

Every printable in one file: parking signs, noticing cards, placemats, a letter page, a guest book, coupons, charger labels, house rules, a venue poster and quiz answer sheets. Print what you need. Recycle the rest.



Phones rest here

Coffee tastes better with company.

Thank you for looking up.



Phones rest here

Tonight, everyone we want to talk to is already in
the room.

Dinner is served at the table, not the screen.



Phones rest here

One conversation at a time.

This meeting ends sooner when we are all in it.



Phones rest here

Your attention is the lesson.

Collect yours on the way out.



Phones sleep here

You will sleep better in there.

Charge it here, not next to your head.



Phones rest here

We have waited all week to see your face.

Stories are better than screens.

● NOTICE

Find the oldest object in this room.

Ask, if you are not sure.

● NOTICE

Listen for the quietest sound you can hear.

● NOTICE

Count the different textures within arm's reach.

● NOTICE

Notice what colour the light is right now.

It is never quite white.

● NOTICE

Find something in this room that was made by hand.

● NOTICE

Watch one person's hands for a minute.

Tell them what you saw.

● NOTICE

Name three smells, in order of strength.

● NOTICE

Find the thing in this room that has travelled furthest.

● NOTICE

Notice where the shadows fall, and which way they are moving.

● NOTICE

Find something that is slightly broken and still loved.

● NOTICE

Listen for the rhythm of the room: the sounds that repeat.

● NOTICE

Find the warmest spot you can reach without standing up.

● NOTICE

Notice what everyone is doing with their feet.

● NOTICE

Find a word written somewhere here that was never meant to be read.

● NOTICE

Spot the newest thing in the room.

Labels count.

● NOTICE

Notice which way people lean when they laugh.

● NOTICE

Find something here that will not exist in a hundred years.

● NOTICE

Find something here that will.

● NOTICE

Watch the steam, the smoke or the dust, and see where it goes.

● NOTICE

Notice the sound of your own breathing.

Then slow it down.

● NOTICE

Find the most carefully placed object in the room.

● NOTICE

Find the most carelessly placed one.

● NOTICE

Look at the ceiling for thirty seconds.

Report back.

● NOTICE

Find a repair someone made that you had never noticed.

● NOTICE

Notice the temperature of the thing in your hand.

● NOTICE

Find three different shades of the same colour.

● NOTICE

Listen to a conversation you are not part of, without judging it.

Then let it go.

● NOTICE

Find something here that is about the same age as you.

● NOTICE

Notice what the person opposite does with their eyes when they think.

● NOTICE

Find the object in the room with the longest story.

Ask for the story.

● NOTICE

Notice how the floor feels through your shoes.

● NOTICE

Find a shape that appears more than five times in this room.

● NOTICE

Guess how many people have sat in your seat before you.

● NOTICE

Find something that was once alive.

● NOTICE

Notice what you can hear from outside.

● NOTICE

Find the darkest corner and the brightest surface.

● NOTICE

Watch someone eat or drink, and notice their ritual.

Everyone has one.

● NOTICE

Find something that has been mended, patched or taped.

● NOTICE

Notice which way the air is moving.

Wet a finger if you must.

● NOTICE

Find the most expensive thing here that nobody looks at.

● NOTICE

Find the cheapest thing here that everyone uses.

● NOTICE

Look at your own hands as if they belonged to a stranger.

● NOTICE

Notice the way the person next to you says your name.

● NOTICE

Find a plant and decide by touch whether it is real.

● NOTICE

Listen for a sound that stops, and notice the silence it leaves.

● NOTICE

Find a line that is perfectly straight, and one that only pretends to be.

● NOTICE

Notice what the youngest person here is paying attention to.

● NOTICE

Find the one thing you would carry out if the building were on fire.

● NOTICE

Notice a smell that belongs to this place and nowhere else.

● NOTICE

Find a reflection you had not noticed before.

● NOTICE

Notice what happens to the room when someone leaves it.

● NOTICE

Find the object here that has been touched the most.

● NOTICE

Look out of the nearest window until something moves.

● NOTICE

Count the different typefaces you can see without turning your head.

Look for the shine.

● NOTICE

Find something that is slowly changing while you watch.

Candles, ice, light.

● NOTICE

Notice the weight of your own head.

Let your shoulders drop.

● NOTICE

Listen for the furthest sound you can hear.

● NOTICE

Find something here that somebody chose with care.

● NOTICE

Notice the one thing in this room you would miss most.

● NOTICE

Close your eyes for one minute, then open them and find what has changed.

What is a snack that reminds you of one particular person?

What is a place you have been that sounds boring but was wonderful?



What is a habit you picked up from a friend?

Which part of your life have you not yet made peace with?

What kindness did you receive that you have never repaid?

How have you surprised yourself recently?



Which board game do you always win?

What is the strangest thing in your fridge right now?

What was the last thing that made you cry?

What do you find hardest to forgive in
yourself?



What are you trying to prove, and to whom?

What do you think happens after we die, and
how does that change how you live?

When did you last say sorry and mean it?

What is the strangest thing in your fridge right now?



What is something you are strangely good at?

What is the hardest thing you have ever had to accept?

Write to someone who does not know how much they helped.

Date

Dear

With love,

Fill it in with a pen. Keep the old pages in a drawer.

SCREEN-FREE COUPON

One uninterrupted hour

From _____ to _____

Redeem in person. No expiry.

SCREEN-FREE COUPON

A walk, phones left at home

From _____ to _____

Redeem in person. No expiry.

SCREEN-FREE COUPON

One evening without screens

From _____ to _____

Redeem in person. No expiry.

SCREEN-FREE COUPON

A meal cooked together, no recipes online

From _____ to _____

Redeem in person. No expiry.

SCREEN-FREE COUPON

A whole breakfast of eye contact

From _____ to _____

Redeem in person. No expiry.

SCREEN-FREE COUPON

One board game, start to finish

From _____ to _____

Redeem in person. No expiry.

SCREEN-FREE COUPON

A Sunday morning without the news

From _____ to _____

Redeem in person. No expiry.

SCREEN-FREE COUPON

A lift, a chat, and no podcast

From _____ to _____

Redeem in person. No expiry.



Phones sleep here

Kitchen · every night · cables stay here

_____'s spot

Plug in. Walk away.

_____'s spot

Plug in. Walk away.

_____'s spot

Plug in. Walk away.

_____'s spot

Plug in. Walk away.

HOUSE RULES

Our house

- 1 No phones at the table.
- 2 Phones sleep in the kitchen, not the bedroom.
- 3 Ask before you photograph anyone.
- 4 If you are looking something up, say so out loud.
- 5 One screen-free evening a week. This week it is _____.
- 6 When someone is talking, the phone goes face down.

Thank you for being here. Actually here.

HOUSE RULES

Grandparents' house

- 1 No phones at the table.
- 2 Ask before you photograph anyone.
- 3 We came to see your face, not the top of your head.
- 4 Stories are better than screens. Ask us for one.

Thank you for being here. Actually here.

ROOM RULES

Room 12

- 1 Phones rest in the box by the door.
- 2 Ask before you photograph anyone.
- 3 Look it up after the lesson, or ask.
- 4 When someone is speaking, everyone is listening.

Thank you for being here. Actually here.

FLAT RULES

Flat 3

- 1 No phones at the table.
- 2 Guests get the wifi password and a place to put their phone.
- 3 Films are watched together or not at all.
- 4 Calls are answered in another room.

Thank you for being here. Actually here.



Phone-free hour

Tuesdays, 6 to 7pm

Phones go in the middle of the table. Talk to the people at it. Ask us for a parking card, a deck of cards or a quiz sheet.

This café

Table Quiz · answer sheet

Write a name for each question. Swap with a neighbour for the reveal.

1

2

3

4

5

6

7

8

9

10

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