



Screen-Free Dopamine Hits

Forget “quitting dopamine.” Your brain needs it. You just need better sources than TikTok meltdowns and doomscroll spirals. Screens give you a quick hit. Real life gives you a lasting hit. And these dopamine hits support long-term well-being—physical, emotional, and mental.

So the next time your kid reaches for the scroll...hand them this list instead. Their brain (and yours) will thank you.

Move Your Body

It’s the fastest way to reset the nervous system + kill the urge to scroll.

- Do a burst of push-ups or jump squats
- Vacuum or tidy up a room (instant achievement hit)
- Dance like nobody’s judging you
- Walk or jog around the block
- Stretch for 5 minutes
- Take a cold shower (yes, really)
- Do a 10-minute home workout
- Cycle or walk to an errand instead of driving
- Hit a nearby woodland path
- Water the garden or tidy the lawn

Create Something

Screens steal creativity. These activities build it.

- Cook a meal from scratch
- Bake something for someone
- Make a vision board
- Draw, paint, sculpt, or anything using your hands
- Journal for 10 minutes
- Make a playlist for your mood
- Rearrange a shelf or corner of a room
- Write a letter or postcard
- Start a small DIY fix or upcycle project
- Assemble a memory scrapbook or photo board

Organise + Achieve

Slow dopamine = long-term satisfaction

- Write a to-do list and tick things off
- Clear out one drawer
- Deep-clean the kitchen or bathroom
- Sell or donate old clothes
- Declutter your desk
- Plan meals for the week
- Review your budget
- Organise your digital photos and print your favourites
- Make your bed properly (corners and all)
- Batch-cook something for the week

Use Your Senses

When your kid's fried, grounding activities will revive them every time.

- Watch a sunrise or sunset
- Take a slow, mindful walk
- Light a candle and sit with it
- Walk barefoot on grass or sand
- Listen to a podcast or audiobook on “Do Not Disturb”
- Take a long bath or shower
- Sit outside and notice sounds
- Make tea and drink it slowly
- Do 2 minutes of deep breathing
- Sit by a window and daydream

CONNECT + UNWIND

Screens imitate connection. Here's the real thing.

- Call someone instead of messaging
- Invite a friend over for dinner
- Visit a family member
- Play a board game or cards
- Cuddle a pet
- Write down 3 things you're grateful for
- Volunteer locally
- Give someone a real, sincere compliment
- Watch the stars
- Focus on one thing for 30 minutes—no multitasking allowed!

The Sage Takeaway

You don't need to ban screens. You just need to show your kid (and yourself) the better ways to get dopamine hits—the ones that strengthen the brain instead of frying it.

This is how Rebel Parents raise kids who can unplug, reset, and recover.