



# 5 Sneaky Ways to get your Kids off Wi-Fi and into Adventure







Hi there,

I'm Kate Bennie, mum of three boys and co-founder of Sons of Adventure.

We do a ton of adventure activities as a family and my husband Scott had this crazy idea to create Sons of Adventure. We are on a mission to encourage families to start their own journey of adventure after seeing how much our boys have grown in resilience, independence and responsibility.

Our message has resonated with families around the world on Instagram and Facebook and we've even been featured in the mainstream media, including national television.

Check out our website for family adventure stories, ideas and tips. Whether you are just starting out or you are a hard-core adventure family, we'd love to hear about your adventures, so please connect with us on Facebook or Instagram.

See you out there,

Kate Bennie.



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Most parents with kids know the struggle is real – the struggle to get the kids off wi-fi, that is. Our three boys are normal kids and they love to play video games and watch YouTube.

In fact, there are some days when our boys would much rather sit in a dark room all day, glued to a screen. But as parents, we know there is so much more to life. Now is the time for the kids to have real fun, and challenge and grow their developing brains and bodies.

Here are some of our top tips for getting kids away from technology and into adventure. Some of these might not be new to you, but you may not have thought of applying these ideas to this problem.

1.

## Declare all “Family Activities” compulsory

This is a great place to start and we started this as soon as our eldest started saying he didn’t want to come on our latest adventure. This rule sets an expectation that you can have as your fall back position when needed. This is not to say that everyone always has to do everything. That’s often not convenient for us and Scott will often take just one or two boys on a hike, however when we DO actually do something together as a family, it is non-negotiable.

2.

## Enlist Reinforcements

Take a friend, it makes everything more fun. Invite another family whose company you all enjoy. Extra points are on offer if you take someone who your kids want to impress and not embarrass themselves (by whinging and complaining) in front of. This works a treat for us!

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I love it when I get to take a mate with us. I have a couple of friends who love to come with us, and it makes it so much more fun. They have come with us canoeing, camping and hiking up mountains. Last year I invited 6 of my school friends to come camping with us. Some of them had never been camping before and we all had a great time. I’m organising the same thing again this year, and everyone is excited.

**Zach Bennie | 13 Years**



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**3.**

## Negotiate a Deal

This one is pretty obvious but it's more of a reminder that you, as parents, have a lot of things the kids want (money, food, transport, access to technology) so when it comes to working out a deal, you are in the box-seat. Find out what your kids currency is, and then leverage that. They might cry foul, but never fear – you are well within your authority and the end justifies the means.

**4.**

## Use YouTube to Inspire Them

Rather than watch TV at night, Scott loves to sit with the boys after dinner and watch some videos on YouTube about topics such as travel, adventure, trail running, mountain climbing or mountain bike riding. There are some pretty inspirational people out there! This helps the kids to understand that there is so much more to life and that everyday people can achieve amazing things. Here are a few YouTube Channels to get you started:

- Sons of Adventure
- Alastair Humphries
- Run Steep Get High
- Salomon Trail Running

**5.**

## Use an App

There are some great apps out there that allow you to put limits on screen time, to schedule black-out time and more. Check out the Screen Time and OurPact Apps. You can set bedtimes, school times and schedule time for homework and chores to be done. You can get daily reports and choose to approve apps before they are installed. So with these apps, you can just schedule in "Family Bike Ride" on Saturday morning and get them out there!

Bonus tip: Confiscate their devices for some minor infringement and "lose" them. I've accidentally done this a couple of times and it was great. Zach went without his iPod for about 2 months and it was great!



The thing with adventures is that once you get the kids out there in nature, they love it! So many times we have had to fight with our boys to get them going. Inevitably one of the three won't be keen on any given day- a different one each time. Sometimes we literally have to coerce them into coming with us, but then they always thank us for it!

Exercise, dopamine and "green therapy" have all been shown in studies to improve mood, so when the kids least want to go – that's actually when there is the most benefit.

Each positive experience builds on the previous one and before you know it – they're organising adventures with their friends and enlisting you to help make it happen!



## Connect with Sons of Adventure

Check out our website and connect on social media for family adventures ideas, tips and inspiration.

[www.sonsofadventure.com](http://www.sonsofadventure.com)

