

The 30-Day Unscroll, Together

For teachers, counselors, coaches, and youth leaders. The challenge from *Unscrolled* by Remy Hale, run as a group — a class, a team, an advisory, a youth group. Free to copy for your group.

HOW TO RUN IT

The setup (10 minutes, day one). Hand out the one-page tracker (same address as this kit). Frame it honestly — this isn't "phones are bad"; it's "the apps are built by professionals to hold your attention, and this month we learn the counter-moves." Kids respect the systems framing; they've had enough of the scolding one.

The daily minute. Each day has one small move. Read tomorrow's move aloud at the end of class or practice. That's it — the challenge runs itself on the tracker.

The weekly ten. Once a week, ten minutes of discussion (prompts below). Sharing is always optional — the challenge works fine for a kid who does it silently.

The rules that make it stick: a missed day is not a failed challenge (do the next one, no starting over); tiny is the point; the wall tracker (page 2) makes progress public and collective — mark days as a group, not per student, so nobody's lapse is on display.

WEEKLY DISCUSSION PROMPTS

Week 1 — See It.

- What did you notice the first time you caught your hand reaching for the phone on autopilot?
- "Am I choosing this, or is it choosing me?" — where's the line, honestly?
- In the feed audit: what kind of account reliably makes people feel worse? Why does the algorithm keep serving it?

Week 2 — Take the Controls.

- Which control change hit hardest — the boring home screen, dead notifications, or grayscale? What does that tell you about how the pull works?
- During a focus block, what does the urge to switch actually feel like? When does it peak?
- Who benefits when your attention is fragmented? Who benefits when it isn't?

Week 3 — Rebuild.

- The bored-on-purpose walk: awful, fine, or weirdly good? What showed up in the quiet?
- What made your reward menu — what feels good in a way a scroll doesn't?
- What's different about your sleep or mornings two-plus weeks in?

Week 4 — Build a Life.

- What did you make this month? What did shipping it — done, not perfect — feel like?
- Which habit are you keeping for good, and what would make you keep it six months from now?
- If you designed an app to respect attention instead of taking it, what's the first thing you'd change?

REWIRED The 30-Day Unscroll

Our group started on _____. Mark each day we did the move.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Aim for most, not perfect.

