

10 Easy Scroll Swaps to Try Today

Pick one. Try it today. Notice which ones you don't want to stop.

1 The Room Swap *Unreachable*

Tonight at 8pm, move your phone to another room — not just face-down on the couch. A drawer, a different floor, anywhere you'd have to get up for. Notice how many times you think about getting it without actually going.

2 The Silence Swap *Unreachable*

Turn off notifications for every app except calls or texts from your top 3 people, starting a couple hours before bed. Your phone stops interrupting you before you even decide to put it down.

3 The Object Swap *Unreachable*

Put one specific object where your phone usually sits — a book, a deck of cards, a notebook. The goal isn't to use it productively. It's to have your hand land on something else when it reaches for the phone spot.

4 The Bingo Swap *Time-to-Waste*

Pick one square from the grid below and do it tonight, instead of your usual scroll window.

Do a 10-min puzzle	Handwrite a letter — mail it	Sit outside 10 min, no phone
Doodle 5 min, no goal	Cook something 20+ min hands-on	Read 10 pages of a book
Learn a new card game	Organize one drawer	Call someone instead of texting

5

The Coffee Swap

Time-to-Waste

Drink your morning coffee or tea with zero screens. No phone, no news, no podcast — just the cup and a few quiet minutes before the day starts moving.

6

The Whittle Swap

Hands-On Skill

Grab any pocketknife and a stick or scrap wood. Sitting down, cutting away from your body, practice one shallow push-cut for 10 minutes. Not aiming for a shape — just getting comfortable with the motion.

7

The Bird Swap

Hands-On Skill

Sit near a window or step outside with no gear. Spend 10 minutes noting anything that moves or calls — size, color, what it's doing. That's your first ID.

8

The Walk Swap

General

Take a 10-minute walk with your phone left at home, or silenced and zipped in a bag where checking it takes real effort. Notice what you actually see when you're not looking down.

9

The Journal Swap

General

Before bed, instead of one more scroll, handwrite three things from today — good, bad, or just true. Five minutes, one page, no phone involved.

10

The Call Swap

General

Pick one person you'd normally text today and call them instead. A real conversation, even a short one, uses a different part of your attention than a scroll does.

Found the one that stuck? There's a full kit built around it.

Unreachable swaps lead to The Unreachable Kit. Bingo and coffee-swap energy leads to The Time-to-Waste Kit. Whittling and birding lead to The Hands-On Skill Kit. Not sure yet? Start with The Starter Bundle. All four are at stopscrollingkits.com.