

## TIME-OUT FROM TECH

As technology teachers, our job is not to just teach students how to use technology to be more efficient and productive in their lives, but also to know when to put the tech down. Technology has added so much to our everyday lives, but we need to take time away from the screen to connect with the people around us, ignite our inner dialog and creativity, and to just be.

One way to do this is to encourage your students to join people across the country in celebrating **Screen Free Week April 29-May 5** and take some time off from their screens. Visit <http://www.screenfree.org/> for activity ideas.

### Unplugged Activity Ideas:

**April 29-May 5** is Screen Free Week. Register yourself and your school at <http://www.screenfree.org/>

Need some ideas on what to do without screens? Check out: <http://www.screenfree.org/screen-free-activities/>

- Bake or cook with your kids
- Clean out closets and take items to a local charity
- Go for a hike
- Walk your dog
- Read a book...together!
- Build something together
- Ride bikes
- Draw on the sidewalk
- And so many more!



### Track Screen Time on a Spreadsheet

Before Screen Free Week, have students log their screen time (including school screen time) on a Google Sheet or Excel Spreadsheet. During Screen Free Week, have them record what activities they are doing instead. Then have them chart that data, compare the two weeks, and write an explanation about the amount of time they are spending on the screen and what they are doing.

### Research and Debate Screen Time

For older students, research the effects of screen time on sleep, mood, attention, eye function, etc. Have students debate the issue or write an opinion piece or make a Public Service Announcement to share with students.

### I Unplug To... Photo Ops

Give students a dry erase board or chalkboard and have them write what they like to do when they “unplug.” Post pictures on a bulletin board at school or compile into a video slideshow.



### Setup Do Not Disturb on iOS and Android:

Show students how to setup their Do Not Disturb Settings. Depending on the operating system and version, there are a variety of settings that can be changed. A hint for older students is to set their Do Not Disturb While Driving to Automatically.

For iPhone/iPad users, this video describes how to set up Do Not Disturb: <http://bit.ly/S3dndIOS>

For Android users, this video describes how to set up Do Not Disturb: <http://bit.ly/S3dndAndroid>

(NOTE: Your settings may look different. For the most accurate instructions, search Do Not Disturb and your OS version.)

### Celebrate Children’s Book Week

This year is the 100<sup>th</sup> Anniversary of Children’s Book Week! Swap out the screen for a good book! Have students and parents pledge to spend less time in front of a screen and more time reading. You can even find a local business (like an ice cream shop) to donate a sweet treat to all participants! Read more about Children’s Book Week at <https://everychildareader.net/cbw/>.

Find more E-tips at <https://goo.gl/qPn7bN>.