



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.

So, this week, join people across the country in celebrating **Screen Free Week April 30-May 6**, by encouraging your students to take some time off from their screens. Visit <http://www.screenfree.org/> for activity ideas.

Track Screen Time on a Spreadsheet

Have students log their screen time (including school screen time) on a Google Sheet or Excel Spreadsheet. Then have them chart that data and write an explanation about the amount of time they are spending on the screen and what they are doing.

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 iPhone:

Show students how to setup their Do Not Disturb Settings. They can set a custom message, so their friends know that they aren’t reachable. For older students, encourage them to set their Do Not Disturb While Driving to Automatically.

1. Settings
2. Do Not Disturb
3. Do Not Disturb While Driving
4. Set Activate to: Manually
5. Set Auto-Reply to: All Contacts

6. Edit your Auto Reply Message (Note: An additional text will follow your custom message that explains that texts including the word “urgent” will break through Do Not Disturb)
7. Put your Do Not Disturb on your control center screen for quick access.
 - a. Settings, Control Center, Customize Controls, Add Do Not Disturb While Driving
8. Turn on Do Not Disturb and Unplug!

Unplug Activity Ideas:

April 30-May 5 is Screen Free Week. Plan on participating: <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(s)
- Read a book...together!
- Build something together
- Ride bikes
- Draw on the sidewalk...



Celebrate Children’s Book Week

Swap out the screen for a good book!! Have students and parents pledge to spend more time reading and less time in front of a screen. Then find a local business (like an ice cream shop) to donate a sweet treat to all who participate! http://www.screenfree.org/wp-content/uploads/2018/03/SFW_CombinedEvents-2018.pdf

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.

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