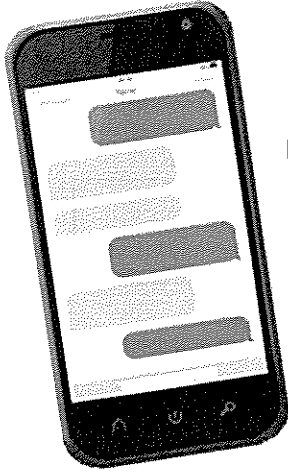


The 24-Hour No-Screen Challenge

March 3rd-10th



In order to promote personal well-being and family bonding, we are issuing the following challenge to our school community:

Surrender all personal technology* to your parents and look at NO SCREENS for 24-hours: cell phones, laptops, televisions, smart watches, etc.

***THERE ARE ONLY A FEW EXCEPTIONS:**

1. Any technology that is essential for health (i.e. heart monitors or blood sugar monitors)
2. Academic work during school hours or homework, with teacher permission.
3. Having a cell phone in your pocket while leaving the house for safety purposes (but you either have it turned off or do not use it for anything other than calling parents).

Things you could do INSTEAD of screen time

Academic	Family & Personal
<input type="checkbox"/> Organize your binders, folders, and bookbag <input type="checkbox"/> Study paper-based notes <input type="checkbox"/> Study paper flash cards <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book <input type="checkbox"/> Read a book... catch my hint? ;-) 	<input type="checkbox"/> Meditate, color, or do something relaxing <input type="checkbox"/> Go outside, if possible! <input type="checkbox"/> Do chores around the house <input type="checkbox"/> Play board games or card games <input type="checkbox"/> Practice your instrument <input type="checkbox"/> Do a craft or activity with a sibling <input type="checkbox"/> Call a grandparent or another relative (on a phone that is not yours) <input type="checkbox"/> Do a Random Act of Kindness <input type="checkbox"/> Write a thank you note <input type="checkbox"/> Have a conversation with a human in the same room as you <input type="checkbox"/> Walk the dog (or care for a pet)

Not so sure you can do this challenge? A few things to consider...

- Imagine that the electricity went out in your house. What would you do instead of electronics?
- Where can you safely go, and who could you interact with... in person?
- What elements of your life are suffering due to the time you spend scrolling or browsing?
- Is there anything creative or innovative you can do with your time?
- Is there anything "overdue" or coming up that you could work on, to get it out of the way?
- Does anyone in your life need help? How could you share your time productively?

Name: _____

Student Response Page

Student Name _____ Homeroom/Teacher _____

Get a parent signature here to verify that you did the challenge

Signature: _____ Date: _____

Short Answer:

1. How did your 24-hour experience go? Tell me all about it in a short, informal summary.
2. Was anything easier than you expected?
3. What was difficult?
4. Did you experience any benefits of the time without screens? (Were you able to do anything meaningful with your time?)
5. Will you ever "unplug" like this again in the future? Why or why not?
6. Did you gain any insights about yourself (or society) as a result of this experience? (Hint: Why do you think this challenge was given to your class?)