

Ms. Elias
Technology Class
Spring Break Extra Credit Assignment
Due: April 19, 2017

Have A Tech Free Spring Break & Unplug From Your Phone For 3 Consecutive Days

Are today's students addicted to technology? Are *we*? From smart phones to social media to video games, media and tech have become a huge part of our lives. The ability to be constantly connected can affect schoolwork, family relationships, and concentration. The challenge is figuring out how to get the most from technology without letting it get out of control.

Media and digital devices are an integral part of our world today. The benefits of these devices, if used moderately & appropriately, can be really great. But research has shown that face-to-face time with family, friends & teachers, plays a pivotal and even more important role in promoting your learning and healthy development. It's very important for all of us to unplug from our phones from time to time to reboot.

Your assignment is to:

1. Turnover your phone to your parent or guardian for 3 consecutive days. Yes I said 3 days. You can do this!
2. Review the 101 screen free activities to get ideas about what to do with your free/unplugged time from your phone.
3. Keep a log of what you did without using your phone. At the end of each day, write down what you did that day by yourself, with your friends, and with your family.
4. Hand in your assignment to Ms. Elias by 4/19/17
5. Upon successful completion of this assignment you will receive 5 points added to your technology grade.

You'll be amazed how much more you can do when you unplug from technology. This assignment of "powering down" can produce some truly enjoyable results, so put down that smartphone and take advantage of this fun experience.

As always please do not hesitate to contact me if you have any questions about this assignment.

Enjoy your screen free time!

Ms. Elias
Jelias@mail.wagner167.org

Name: _____

Class _____

Day One

By Myself	
With My Friends	
With My Family	

Day Two

By Myself	
With My Friends	
With My Family	

Day Three

By Myself	
With My Friends	
With My Family	

I authorize that _____ turned over his/her phone to me for 3 consecutive days. ☺
Student

Parent or Guardian Signature

Date

101 SCREEN-FREE ACTIVITIES

At Home

1. Listen to the radio.
 2. Write an article or story.
 3. Paint a picture, a mural or a room.
 4. Write to the President, your Representative, or Senators.
 5. Read a book. Read to someone else.
 6. Learn to change the oil or tire on a car. Fix something.
 7. Write a letter to a friend or relative.
 8. Make cookies, bread or jam and share with a neighbor.
 9. Read magazines or newspapers. Swap them with friends.
 10. Go through your closets and donate items to Goodwill, the Salvation Army, or a local rummage sale. Have a garage sale.
 11. Start a diary/journal.
 12. Play cards.
 13. Make crafts to give as gifts. Try a new craft.
 14. Do a crossword puzzle or play Sudoku.
 15. Save money: cancel your cable TV!
 16. Learn about a different culture. Have an international dinner.
 17. Teach a child some of your favorite childhood games.
 18. Study sign language.
 19. Write a letter to your favorite author.
 20. Cook dinner with friends or family.
 21. Make cards for holidays or birthdays.
 22. Play chess, bridge, or checkers.
 23. Play charades.
 24. Have a cup of coffee and a conversation.
 25. Repair or refinish a piece of furniture.
 26. Make a wooden flower box.
 27. Wake up early and make pancakes.
 28. Read a favorite poem. Read poems by poets new to you
- ## Outdoors
29. Learn about native trees and flowers in your area.
 30. Plan a picnic or barbecue.
 31. Go bird watching. Learn the names of local birds.
 32. Walk the dog. Wash the dog.
 33. Plant a garden. Work in your garden.
 34. Take a nature hike.
 35. Feed fish or birds.
 36. Watch the night sky through binoculars and identify different constellations. Observe the moon.
 37. Learn to use a compass.
 38. Take photographs and then organize them into an album.
 39. Do yard work.
 40. Go camping.
 41. Take an early morning walk.
 42. Climb a tree.
 43. Watch a sunset; watch the sunrise with a friend.
- ## Around Town
44. Attend a community concert. Listen to a local band.
 45. Visit the library. Borrow some books.
 46. Visit a local bookstore.
 47. Visit the zoo.
 48. Visit the countryside or town. Travel by bus or train.
 49. Attend a religious service.
 50. Go to a museum.

- 51. Walk to work or school.
- 52. Attend a live sports event.
- 53. Look for treasures at a yard sale.
- 54. Try out for a play. Attend a play.
- 55. Collect recycling and drop it off at a recycling center.
- 56. Learn to play a musical instrument.

On the Move

- 57. Go roller skating or ice skating.
- 58. Go swimming. Join a community swim team.
- 59. Start a community group that walks, runs or bikes.
- 60. Organize a game of touch football, baseball, or softball in the local park.
- 61. Go for a bicycle ride.
- 62. Learn yoga.
- 63. Play soccer, softball or volleyball.
- 64. Play Frisbee.
- 65. Workout.
- 66. Go dancing. Take a dance class.

In Your Community

- 67. Organize a community clean-up or volunteer for charity.
- 68. Become a tutor.

- 69. Join a choir. Sing!
- 70. Start a bowling team.
- 71. Visit and get to know your neighbors.
- 72. Start a fiction or public policy book group.

With the Kids

- 73. Make paper bag costumes and have a parade.
- 74. Design a poster for Screen- Free Week.
- 75. Discover your community center or local park activities.
- 76. Blow bubbles.
- 77. Draw family portraits.
- 78. Build a fort in the living room and camp out.
- 79. Research your family history. Make a family tree.
- 80. Invent a new game and teach it to your friends.
- 81. Make a sign to tape across the TV during Screen-Free Week.
- 82. Play hopscotch, hide & seek, or freeze-tag.
- 83. Organize a neighborhood scavenger hunt.
- 84. Play board games with family and friends.
- 85. Clean up or redecorate your room.

- 86. Make puppets out of old socks and have a puppet show.
- 87. Write a play with friends. Perform it at a nursing home.
- 88. Construct a kite. Fly it.
- 89. Go on a family trip or historical excursion.
- 90. If it's snowing, go sledding or make a snowman.
- 91. Create a collage out of old magazine pictures.
- 92. Shoot hoops with friends. Play a round of H.O.R.S.E.
- 93. Make a friendship bracelet.
- 94. Create a cookbook with all your favorite recipes.
- 95. Tell stories around a campfire.
- 96. Plan a slumber party.
- 97. Bake cakes or cookies and invite friends for a tea party.
- 98. Construct a miniature boat and float it on water.
- 99. Write a letter to your grandparents. Make a special card.
- 100. Create sidewalk art with chalk.
- 101. Everyone! Have a huge party to celebrate a Screen-Free Week!