

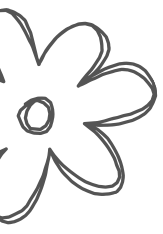


HV SPRING TECH RESET:

THE LIFE SKILLS AND INDEPENDENCE EDITION

March 30 - April 12, 2026

- GIVE TECH A BREAK AND GROW SKILLS AND INDEPENDENCE.
- MARK OFF EACH SPACE AS YOU DO THE ACTIVITIES.
- **TRY SOMETHING NEW WITH YOUR GROWN UP'S PERMISSION, BUT AS LITTLE OF THEIR HELP AS POSSIBLE!**



Make a fort and read a book in it.	Organize a kickball game or potluck.	Get up and out of bed on time.	Visit a park or museum.	Build something.
Go for a hike or a walk around the block.	Sit with someone new at lunch.	Do a craft or art project.	Take the lead on grocery shopping, or do it yourself!	Mail a letter to someone you care about.
Play board/card games.	Make yourself breakfast. Bonus: Make enough for the whole family!	Your Choice	Take public transit.	Have a picnic.
Teach someone younger how to do something.	Ask a librarian for book suggestions. Bonus: Check out a book!	Do the laundry.	Knock on a neighbor's door to borrow or give them something.	Walk/bike to school or the bus stop.
Bake something.	Go a day without screens.	Set up your own playdate.	Order your own food, from a human!	Do that thing you've wanted to learn to do.

Swap out these activities with your own ideas or your own age/skill appropriate version. Not ready to do one of these ideas on your own? Find a way to do part of it with less adult help than you have before!

See back for participation slip and parent resources.

Researchers have found kids are often under-protected online and overprotected in the real world. This Spring Tech Reset is a chance to adjust our tech use while creating real world opportunities for growth in its place.

Dive into these **resources** to find more ways to do that!

Screenagers Parent Resources



Let Grow 4 Week Guide
(Independence ideas)



Book Recommendations:

Couch Potato (Pk-3rd)
The Amazing Generation
(Grades 4-7)
How to Break up with Your Phone (Adults)

Looking for free stuff to do during the tech reset week? Check out this list of **local activities.**



Want to connect with other families in the HV community? Come to the next **HV Healthy Tech Potluck!**

Thursday, April 23rd, 6-7:30pm @HV Cafeteria

Topic: EdTech
(Tech in the classroom)

More info here!



Questions? Comments? Email us at healthytech@happyvalleypta.com.

Turn in this slip to your teacher by Tuesday, April 14 to be invited to a Healthy Tech extra recess with Ms. Gouveia. Classes with 50% or more participation will earn a new game for their classroom!



First and Last Name: _____

Grade: _____

I changed my tech use this week by...

A new skill I learned was...

Parent Signature _____