

HV TECH RESET WEEK

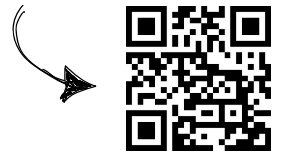
Join others in the Happy Valley community as we reclaim time and real-life connection lost to screens and tech.

November 17th-21st

This week is a chance to reset and be intentional about our tech use.

Step 1: Have a family conversation or reflect individually about why you are doing a Tech Reset Week and what your goals are. Reading a book can help start the conversation. *Couch Potato* or *The Berenstain Bears Too Much TV* are options for younger kids.

More picture and chapter book recommendations.



Step 2: Set your goal. It might:

- Create tech-free times/spaces.
- Focus on screen time content.
- Implement weekly or daily limits.
- Reduce use of certain apps/programs.

Step 3: Make a plan for tech and fun! What steps will you take to make it easy to accomplish your tech goal? What will you replace that time with? The bingo page on the back has ideas and links to activities and tech strategies. It doesn't have to be complicated. Families are encouraged to stay and play at the playground after school!

Step 4: Review and celebrate! Is there anything you want to carry over into regular weeks? Do something small to celebrate!

Step 5: Share. Fill in, cut, and return the lower portion of this form to the bin in the library or office for a chance to win screen free games or activities!

An option to celebrate at the end of the week: HV Family Disco Dance Party. 11/21 6:30-8pm. More info.



Name: _____

Grade: _____

A healthy tech action I took was...

A screen-free activity I enjoyed was...

TECH RESET BINGO

MARK OFF EACH SPACE AS YOU COMPLETE THE ACTIVITIES.

MAKE THIS BOARD YOUR OWN AND SWAP OUT SUGGESTED ACTIVITIES WITH YOUR OWN IDEAS.

CELEBRATE WHEN YOU GET A BINGO OR BLACKOUT!

Make a fort and read a book in it.	Organize a neighborhood kickball game or potluck.	Make a family tree.	Visit a park or museum.	Look at old pictures or albums.
Go for a hike or a walk around the block.	Do a puzzle.	Do a craft or art project.	Kids, take the lead on grocery shopping, or do it yourselves!	Mail a letter to someone you care about.
Play board/card games.	Kids, plan & make dinner! (Optional: adult sous chef.)	Delete a distracting app or pause a streaming service.	Stargaze.	Make a scavenger hunt.
Make a boat out of recyclables and find a place to see if it floats.	Visit the library.	Play catch or kick a ball outside.	Teach someone younger how to do something.	Build something.
Build an obstacle course.	Volunteer or find something to donate.	Kids, arrange your own playdate.	Play hide-and-seek.	Do that thing you've been talking about doing but haven't yet..

Looking for more resources and ideas? We've got you covered.

Screen/Life
Balance Resources



101 Screen-Free
Activities



Free Local
Activities



Let Grow
Independence Kit



Includes projects that are great activities to work into your tech reset week!

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