

Tech Challenge Guide

If we receive 60% of the calendars back following the last challenge week, we will celebrate with Global School Play Day (no screens day) at school!

**This guide has also been posted on the SCC Elementary Facebook page and sent out through the remind app for easier access to the links.

Challenge

Tips/Resources

**Week 1:
Become more screen
aware and set limits on
devices at home**



Family Tips

<https://www.common sense media.org/articles/screen-time>

Google Family Link

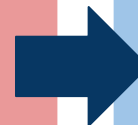
<https://families.google/familylink/faq/>
Screen Time, how to video on ipads and iphones

<https://www.youtube.com/watch?v=-yPoJ0Vct-k>

Apps for screen time monitoring

- AirDroid
- OurPact

**Week 2:
Set tech free zones in
your home**



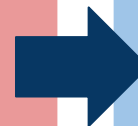
From the American Academy of Pediatrics:

Keep family mealtimes, other family and social gatherings, and children's bedrooms screen free. Recharge devices overnight—outside your child's bedroom to help him or her avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep.

MealTime Conversation Starters:

<https://www.playworks.org/resource/34-conversation-starters-for-your-family/>

**Week 3:
No screens 1 hour
before bedtime**



Bedtime Routine Checklist:

<https://tinyurl.com/2demy9m6>

10 Ways To Help Your Child Get A Good Night Of Sleep:

<https://tinyurl.com/mwbfrekz>

Tech Free Play Ideas:

<https://tinyurl.com/yusdsv23>