Monday	**Goal: Self Awareness** Last week we celebrated Earth Day and spent the week discussing and learning about the history of Earth Day and ways in which we can impact taking care of our beautiful Earth. One thing we discussed about Earth Day is being able to be mindful of what we learned about taking care of our Earth and doing those things year round and not just on Earth Day or the week of Earth Day. This week, we are going to revisit some learning and reflecting we did earlier this year around screen time and devices. Next week is "Screen Free Week," a week dedicated to finding ways to explore, play, be creative, get outside and have fun without devices(tablets, TV's, phones, computers, etc) in our free time. **CH & LE:** Device Free Moments Use these slides to revisit the conversation about Media balance by exploring reasons why we don't need to use devices for everything. **UE & AP :** Finding My Media Balance Use these slides to revisit Media Balance and dive into wellness and finding balance with our screen time.
Tuesday	Goal - Self Awareness Continuing our discussions around screen time, it's important that we recognize that technology and the many devices that are out there serve many great purposes, but like anything, we need to find balance! For example, this past year when we had learning at home due to COVID, technology and the use of devices allowed us to stay connected to teachers to get lessons and to have the ability to see our peers and friends. Today, we are going to read a book that is based on an actual blackout in 2003, when 14 million people in New York lost power. The city is busy until the electricity goes out. This causes them to slow down and interact with one another instead of being busy as individuals on their electric powered gadgets. Before Reading: Ask students if anyone has ever been without power for an extended period of time? If so, what were some positives and what were some challenges about this? Read Aloud - Blackout by John Rocco (Approx. 3.5 mins) ● If you were in a blackout or lost power at your house, what would you miss? What would you enjoy about a blackout and not having electricity? ● Sadly, sometimes it takes something like an extreme event to remind us of what we are missing out by always

	using our devices.
	● What are some non-screen time/device based things that you would like to do more of and can start doing in your free time?

Wednesday	Goal
	● Check in: Can use either of these:
	    ○ Zones Check-In- What are you feeling today? What Zone are you in? Why?
	    ○ Mid Week Check- In: Rose/Thorn (Article explaining for staff).
	● If you didn't get to things earlier in the week with Morning meeting, you can do it today.
	● Or, this is a great time to do class council and discuss topics generated by students in your room or class based things you want to talk about.

Thursday	Goal - Self Awareness (Sleep & Screen Time) **CH & LE:** We've talked about sleep a few times this year….sleep is so important to our overall health and our ability to learn! As we've talked about sleep this year, we've talked about the importance of sleep routines and setting up a good sleeping environment. One important part of this is making sure we are putting away devices and stopping screen time 30 minutes (or more). Darkness is nature's cue to the body that it's time to start winding down for sleep. When we use devices in our bedrooms at bedtime, the blue light that is emitted from devices can confuse our body and this natural cue of darkness. Let's learn more about why sleep is so important. ● Sleep via Brainpop **UE & AP:** The research is still out when it comes to exactly how screen time affects our health. But one area where we know it does is our sleep. Just having a device near us seems to change the way our brains work. Help students learn that being responsible with digital media means adjusting how we use it so it isn't unhealthy for our bodies or our brains. ● Slides: The Health Effects of Screen Time (w/video and stats embedded) ● Screen Time and Sleep Survey (copies in mailbox, can send hard copy in Tosa Connected Folder) ○ Have students use the survey and tracking for Friday 4/30- Thursday 5/6 so you can do a reflection and goal setting activity next Friday, May 7th

Friday	Goal - Self Awareness & Screen Time

	All Grades: We are going to wrap up this week of talking about screen time and the importance of being self aware, self monitoring, and finding a balance between using devices/screen time and doing other things, like getting outside! Today, we are going to listen to a read aloud as we follow the character, Couch Potato, as he learns to balance tech time with outside time, and comes to realize, that he actually really is much more than just a *Couch Potato!*
	● [Read Aloud - Couch Potato](#) by John Jory and Pete Oswald
	● Discussion Questions/ Takeaways:
	    ○ Finding a balance between screen time and outside time helps you feel happier! Keep your body healthy by spending time outdoors, getting fresh air, and moving your body.
	    ○ What other ways can you keep your body healthy?
	
	UE & AP - Remind your students and/or give them some time to fill in their screen time and sleep survey data for Thursday.