

Name: _____

Tech Tune Out Time

App developers are people who design applications to use on a phone or tablet. App developers are constantly using technology, like computers, to build their apps.

Recently, research has shown that it is important for people to take a break from using technology. One reason is because technology use can harm your sleep. Electronic screens create blue light, which can affect the production of sleep hormones. Without enough sleep hormones, it can be difficult to fall asleep or sleep for the recommended 7-8 hours.



Technology use can also prevent people from living in the moment and forming relationships with other people. People who constantly use technology might find themselves not having conversations with their family or friends in person. They might be so focused on what is on a screen that they miss cool or important moments happening in their actual life.

Today, you will imagine you are an app developer who has suggested to your team at work to have a daily “tech tune out.” A tech tune out is a certain amount of time that you go without using technology. Your job is to design the rules for the tech tune out and come up with the list of activities that people can do during that time. You will then create a flyer to send to your colleagues.

Step 1: Plan the Tech Tune Out

Answer the questions below to plan your tech tune out.

1. How long is your tech tune out? 3 days 5 days 1 week 1 month Other _____

2. How many minutes each day is your tech tune out? 30 minutes a day 60 minutes a day 120 minutes a day Other _____

3. What activities can people do during their tech tune out? Write five activities that people can do during their tech tune out. Use the activity bank below or create your own. Write the five activities at the bottom of the page.

- Make a meal
- Read a book
- Go for a walk
- Play sports
- Walk a pet
- Doodle or draw
- Paint or do other types of art
- Create a list of goals that you have that you want to accomplish by the time you are 15
- Write a story in one of the following genres: horror, romance, or comedy
- Help a sibling with a project
- Write lyrics for a song about one of the following topics: going to high school, sibling and family relationships, learning how to do something new, how life is different now versus when you were 10 years old
- Create a bucket list of places you want to travel to in your life
- Write a “thank you” letter to a family member, teacher, or adult that has inspired you in your life
- Sketch a drawing of a robot that will complete a chore for you

1. _____

2. _____

3. _____

4. _____

5. _____

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Step 2: Make a flyer

Design a flyer to tell your colleagues about your tech tune out week. You can design your flyer by hand in the box below, on a separate piece of paper, or use a computer and make it in Google Slides™, PowerPoint™, or another application. The flyer should include the following:

- How long the tech tune out will last.
- How many minutes the tech tune out lasts each day.
- Activities to do while not using technology.
- 1 reason why people should do the tech tune out.



Step 3: Try it Out

Find a family member or friend to do tech tune out time with. Challenge yourselves to do it for at least 3 days. After the three days, think about how you feel when you take time away from tech each day.