

Name: _____

Tech Tune Out Pledge

The governor is a leader of a state. The governor works with other leaders to get laws passed. Governors can also work on fun events or projects for people who live in the state. One project might be opening a new park in every community for kids to play at.

Today, you will be a governor working on a project called a “tech tune out pledge.” A tech tune out pledge is an activity that people can sign up for to promise they will not use technology for certain amounts of time during the day. For example, you could pledge you will not use technology for 1 hour per day. The goal of the activity is to encourage people to try other activities and take a break from using technology!

As the governor, you will first come up with 5 reasons why people should sign up for the pledge. Then, you will fill out the pledge yourself! Once you fill out the pledge, cut it out and hang it your room or another place where you will see it every day.

Five Reasons People Should Sign the Tech Tune Out Pledge

1. _____
2. _____
3. _____
4. _____
5. _____

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TECH TUNE OUT PLEDGE

I PLEDGE THAT I WILL SPEND TIME EACH DAY NOT USING TECHNOLOGY. THIS MEANS I WILL NOT USE A TABLET, TELEVISION, PHONE, OR OTHER DEVICE DURING THIS TIME. I WILL USE THIS TIME TO DO ANOTHER ACTIVITY, LIKE PLAY A GAME OR DRAW A PICTURE.

Dates I will do this pledge:

_____ to _____

Pick a time each day that you will be technology free. This time should last between 1-2 hours

_____ to _____

Your signature: _____



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Need ideas of what to do when you aren't using technology? Here are a list of activities! Put a check next to each box that you finish.

- ☐ Draw a picture of a fish swimming in something other than water!
- ☐ Make up a play or skit to perform in front of your family.
- ☐ Draw a picture of your dream bedroom. Come up with as many fun and crazy ideas as possible! Does your bedroom have a rock climbing wall, a candy machine, or a basketball court?
- ☐ Make two paper airplanes. See which one travels the farthest!
- ☐ Draw a picture of an elephant at a birthday party.
- ☐ Write a "thank you" note to a teacher or another adult who has helped you or inspired you.
- ☐ Draw a picture of dolphin throwing a snow ball.
- ☐ Draw a picture of a cat and a dog on a swing set.
- ☐ Draw or write five exercises that are inspired by a bear, turtle, fish, dog, and wolf.
- ☐ Draw or write five exercises that are inspired by an ant, cheetah, bird, and spider.
- ☐ Play a card game or board game.
- ☐ Read a book out loud to a sibling or parent.
- ☐ Write a story that starts with the following, "Yesterday, I found a llama in the bathroom using my toothbrush!"
- ☐ Write 2 jokes and have a family member or friend try to guess the answer.
- ☐ Make a blanket fort.