

Technology Resources for Lower School Summer 2020

Key Resources

Websites

- [SR Responsible Use Policy \(RUP\)](#)
- [SR Virtual Learning Technology Guide for Parents and Students](#)
- [Common Sense Media](#)
- [Center for Humane Technology](#)
- [Wait Until 8th](#)

Mindfulness Apps

- [Headspace](#)- App that teaches how to meditate.
- [Dreamy Kid](#)- App with affirmations and meditations.
- [5 Minute Escapes](#)- Five-minute app on visuals and relaxations.
- [Calm](#)- Meditation and relaxation app (7+).
- [Yoga Today for Kids!](#)- Five-minute YouTube video on yoga poses.
- [Super Stretch Yoga](#)- Yoga app for younger audiences.

Videos

- [How a handful of tech companies control billions of minds every day](#)
- [7 Ways to Get the Best out of Preschool Apps](#)
- [5 Signs of a Healthy Relationship with Screens](#)
- [5 Questions to Consider Before Buying Tech for Kids](#)

Articles

- [Have Smartphones Destroyed a Generation?](#)
- [What I Gave My Kid Instead of a Smartphone](#)
- [Why Social Media is Not Smart for Middle School Kids](#)
- [McDonald's offers to lock up your smartphone for more family time](#)
- [Ed Sheeran Reflects on Going Two Years Without a Cell Phone and His Famous Digital Detox](#)
- [Kids are starting a revolution to get their parents to put down their phones](#)
- [Kids don't need a cellphone; they need a digital diet](#)
- [I Allow My Baby Screen Time. Don't Judge Me. Learn How I Do It.](#)
- [How much screen time is too much? Here are the limits 10 tech executives set for their kids](#)
- [What The Screen Time Experts Do With Their Own Kids](#)
- [A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valle](#)
- [Has dopamine got us hooked on tech?](#)
- [How to Have a Healthier Relationship with Your Phone](#)
- [5 ways parents can help kids balance social media with the real world](#)

- [Facing the Screen Dilemma: Young Children, Technology, and Early Education](#)
- [NAEYC Position Statement on Technology](#)
- [How \(and When\) to Limit Kids' Tech Use](#)
- [Build a Technology Mindfulness Program](#)
- [Ground Breaking Study Examines Effect of Screen Time on Kids](#)
- [Technology for Mindfulness: The Troubling Effects of Parents' Screen Use on Children - And What to do About It](#)
- [Turn Your Phone into a Preschool Learning Tool](#)
- [Tools to Turn Your Kid into a Math and Science Pro](#)
- [14 Tools to Turn Game-Obsessed Kids into Genuine Game Designers](#)
- [21 Apps That Teach Kids Real-Life Skills](#)

Help From the "Giants"

- [XFINITY Parental Controls](#)
- [Verizon Smart Family](#)
- [Amazon FreeTime](#)
- [Apple's Screen Time](#)
- [Google's Family Link](#)

Device-Free Dinners

- [Common Sense Media device-free dinner](#)
- [Conversation starters](#)
- [Dinner games](#)
- [Sesame Street's 50th for #DeviceFreeDinner](#)

Screen-Free Week Activities

- [Keep a log](#)
- [101 screen-free activities](#)
- [TODO Cards](#)
- [Boredom busters](#)
- [Screen-free week organizer's kit](#)

Additional Resources

Healthy Habits for Educators and Parents

- [New Healthy Media Habits for Young Kids](#)
- [Stop, Breathe, Think: What We Have Heard from Parents and Educators](#)
- [5 Simple Steps to a Healthy Media Diet](#)
- [Smartphone Detox: How to Power Down in a Wired World](#)
- [Your Phone is Like a Spy in your Pocket](#)

- [Introducing the Thrive Away App](#)
- [One Way to Fight Digital Distraction](#)
- [Students Size Up Edtech's Dark Side](#)
- [Screen Time Rules: Not Just for Kids Anymore](#)
- [Technology and Mindfulness](#)
- [Chris Bailey: Attention Without Intention is Wasted Energy](#)
- [25 Easy Ways to Use Technology in a Classroom](#)

Guidelines for Younger Children (PreK-2nd)

- [New Healthy Media Habits for Young Kids](#)
- [Effective Classroom Practice: Infants and Toddlers](#)
- [How \(and When\) to Limit Kids' Tech Use](#)
- [Young Children and Screens: Putting Parents in the Driver's Seat](#)

Guidelines for Children 3rd Grade and Up

- [Guidelines for Parents of Pre-Teens](#)
- [Apps Stirring Up Trouble In Schools \(3-6 Grade\)](#)
- [How \(and When\) to Limit Kids' Tech Use](#)
- [5 Simple Steps to a Healthy Media Diet](#)

Guidance for Parents

- [Digital Citizenship for young learners](#)
- [The Underlying Messages that Screen-Time Recommendations Send Parents](#)
- [How to Handle Your Child's Video Game Obsession Positively](#)
- [What to Know Before Buying Your Child's First Cell Phone](#)
- [Smart Phones, Tablets Causing Mental Health Issues in Kids as Young as Two](#)
- [How Game Apps that Captivate Kids have been Collecting Their Data](#)
- [Study Links Restricting Screen Time for Kids to Higher Mental Performance](#)
- [What are the Basic Safety Rules for Cellphones?](#)
- [One Way to Fight Digital Distraction](#)
- [Scientists find that Smartphone Addiction adles your Brain Chemistry](#)
- [Your Phone is Like a Spy in your Pocket](#)
- [Digital Aged](#)
- [Students Size Up Edtech's Dark Side](#)
- [Hack the School Year](#)
- [What the Times Got Wrong about Kids and Phones](#)
- [Facebook Funded Most of the Experts Who Vetted Messenger Kids](#)
- [Screen Time Rules: Not Just for Kids Anymore](#)