

My Tech Pyramid & Tech Differently Challenge



Objective: Reflect on what technology you use, how you use it, and its impact on your mood, energy, and creativity.

Materials

"My Tech Pyramid" Worksheet
Glue
Scissors
Writing Tools

The goal of this activity is to explore how time spent using different forms of technology impacts our brain health, especially when it comes to mindfulness, energy, mood, creativity, and connection. For example, video games might be a great way to reduce stress or connect with friends or family - both good for the brain! This same technology could be unhelpful if it causes anger or leads to someone not leaving their room and completely disconnecting from others.

Instructions

1. Check out ideas for ways you use technology, decorate the ones you'd like to use, and add your own applications or uses that are not included.
2. Discuss how the given types of technology can be helpful or unhelpful for the brain.
3. Cut & glue your icons to the "My Tech Pyramid" worksheet. Discuss what you all notice when doing the activity.
4. Try to use tech differently by doing the 5-day challenge. Encourage each other to stick to each challenge as best as possible.
5. Come back together on day 5 and talk about the experience and what the everyone noticed about their use of technology or what they may have done differently over the course of the challenge.
6. Have the girls redo the "My Tech Pyramid" worksheet and discuss any changes or new insights they now have.
7. BONUS: Watch the boredom party video to explore how boredom – time away from technology – can benefit the brain.

Reflection

- Which day of the 5-Day Tech Differently Challenge was most difficult for you? Why?
- What is a random skill you can teach others as part of a boredom practice?
- Were there any differences between the technology pyramid that you filled out before the 5-day challenge and the one you completed afterwards?

Resources

5-day Tech Differently Challenge

- Throw a boredom party – how to practice boredom <https://youtu.be/cXAe-cPJeng>
- Wired Tech Food Pyramid: <https://www.wired.com/story/kids-screen-time-pyramid/>

Challenge Day 1: Keep your phone/tablet in your pocket/bag while in movement (walking, car, bus, etc.)

Challenge Day 2: Photo Free Day (go a whole day without taking or posting any photos)

Challenge Day 3: Delete your #1 app/go-to QR set a time limit on your favorite app/website

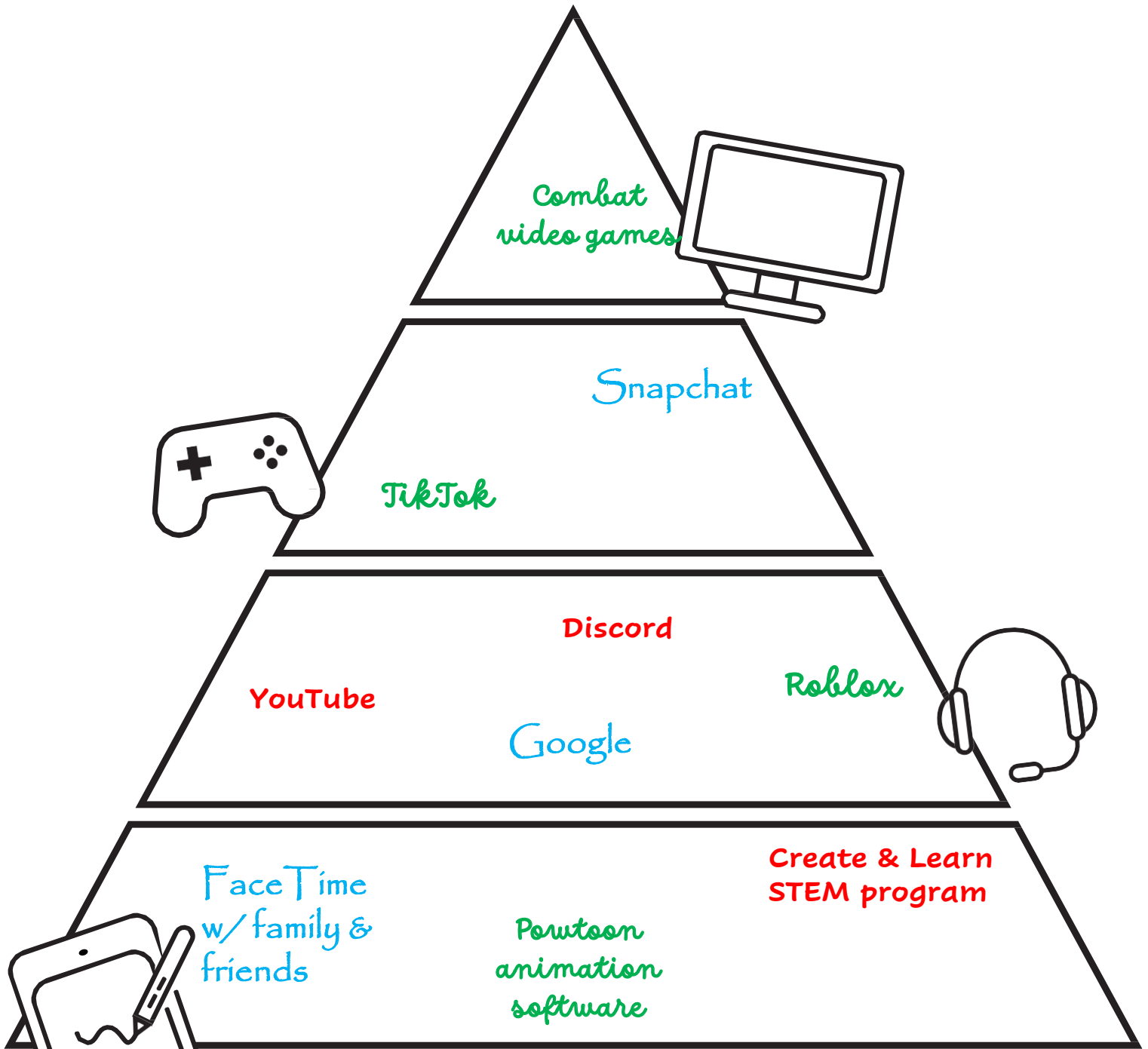
Challenge Day 4: Create a list of boredom activities / list of random skills you know

Challenge Day 5: Re-do your Tech Pyramid after the 5-Day Tech Differently Challenge



My Tech Pyramid

Example



*Complete the tech pyramid by having conversations with your family and friends about which types of technology are more helpful vs. less helpful for your brain, and why. Those that are most helpful such as an online educational program that helps you learn may go towards the bottom of the pyramid. Moving upward, add the types of technology that seem less helpful for your brain. For example, if playing certain video games makes you angry, add it to the top section.



My Tech Pyramid

