

Art & Reflection Activities



Here are some activities that can help students think about their relationship with technology.

1. Create Posters - students can create posters that represent the Global Day of Unplugging. This could be good for an Art class, school club or ASB group. Display posters around school or town.



2. Create a Reflection - students can journal or write poetry reflecting on the role that social media plays in their life. This can be combined with a photo or graphic they create.



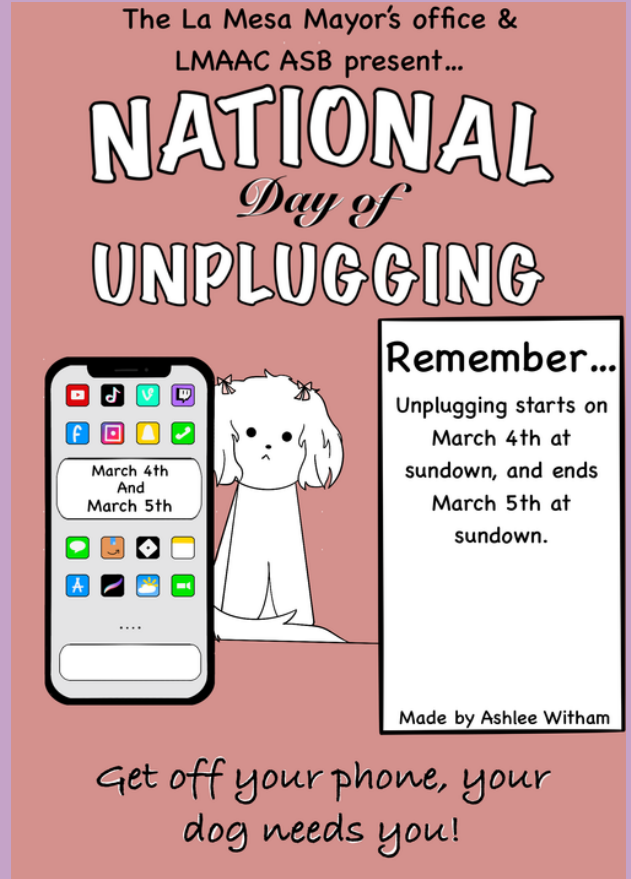
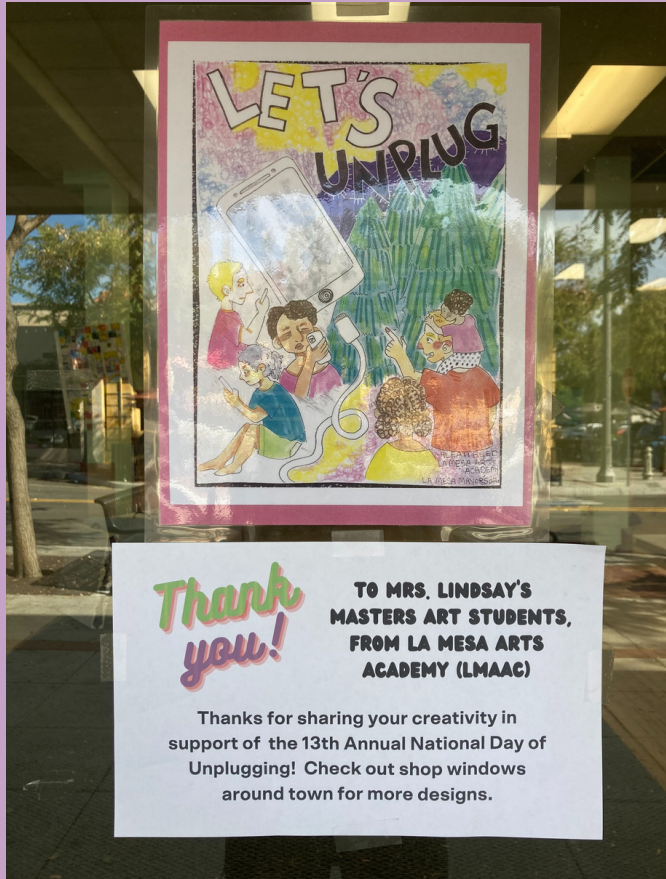
3. Unplugged Activities Station - bring out an old typewriter, create a letter writing station or "DM your student" table (like High Tech Middle School has done), have polaroid cameras for Instant photos.



We would love it if you would share any photos of your event with us [HERE!](#)



Check out www.unplugcollaborative.org for more fun ideas to unplug.



Student Art from La Mesa Arts Academy - La Mesa, CA





WHICH FAMILY UNPLUGS FOR NATIONAL UNPLUGGING DAY?



or



BE LIKE THE FAMILY ON THE BOTTOM:

UNPLUG!

City of La Mesa
Mayor's Office

J. Ferguson
March 3-4



Poem Of Screens
By Daphne

We connect through this screen, yet
not in real.
We're dependent on our screens so
much that we can't eat our meal.
And we love our screens so much that
our eyes are sore.
But we say " Never mind I just want
some more."
We're in an abyss that we can't get
out.
Yet we stay up until 2 am to make
videos for clout.
Yes, These words are all true you see.
But hey! Maybe it's meant to be.

Daphne



**Student
Reflections from
High Tech
Middle
Academy - San
Diego, CA**

SOCIAL MEDIA

BY: ROSE

Did you know that these screens are
taking our lives?

The time this generation spends on
technology is killing us whole.

If only I had a bowl to measure the
jealousy and hatred all these teenagers
share.

Some parents don't even care.
It's too much for anyone to bear.



