

RILEY'S RAINFOREST



“Send down...from the clouds of Thy mercy the rains of Thy healing...”

—Bahá' u'lláh

EXPLORE & SOAR: TECH-FREE TIME

Check out these tips to focus on true fulfillment without screens.

- Plan tech-free breaks every day. Challenge yourself to see how long you can go.
- Make a list of fun things to replace screen time. Go outside, paint, dance, or do a science experiment!
- Don't scroll when you're hanging out with family and friends. Connect with them face-to-face.

GETTING OFFLINE

I invited my friend Kirk, who's a kookaburra, to fly with me to the fig grove today. But when we got there, instead of feasting on fruit, Kirk was on his phone a lot. It made me sad, because I felt like I was alone even though he was there. I asked him what's up. He was sad, too. Kirk told me he's been posting cool pics on Feathergram, but hasn't been getting many likes. He said his friends get *tons* of likes, and they're always doing awesome stuff.

I told him I get it, because I used to *constantly* be on Feathergram. But at the end of the day, when I thought about fun things I'd done, being online all the time wasn't one of them.

Did you know that too much social media can increase anxiety and lower

self-esteem? When you see other people's pics, it's easy to compare yourself to them and think they have a cooler life than you. But you're only seeing a tiny piece of someone's life—not their struggles.

Being on Feathergram a lot also meant I didn't have much time for things I really love to do, like flying with my friends, practicing my high dive, or dancing ballet. I fell behind in my homework and sleep, too.

Social media isn't *all* bad. It can be a good way to stay in touch with friends and laugh at cute koala videos. The trick is to use it mindfully and focus on what actually makes you happy. Kirk agreed and said he'd put away his phone. Nothing compares to being with friends in person, enjoying fresh figs, and flying together!



CURIOSITY CANOPY



Did you know that staying off screens may help your friendships? A study found that kids who spent more tech-free time outside were better at recognizing people's feelings than kids who spent more time on screens. Being in nature can lower stress and boost creativity, too!



- Try a new craft, like knitting, drawing a comic strip, writing a story, or making pottery.
- Put screens away at least an hour before bed to get a good night's sleep.
- At the end of each day, write down three fun activities you did. After two weeks, take a look: what are your favorites away from screens?