



Is technology interrupting your free time?!

Kuei Luck Summer Camp will be introducing **Technology-Free Week July 25-July 29.**

During this week, we are inviting you and your family to join us in putting away our phones, laptops, and game consoles for at least two hours a day. According to *Psychology Today*, "Children's brains are much more sensible to electronic use than most of us realize. Restricting



electronics may not solve everything, but it's often the missing link in treatment when kids are stuck." Hopefully we can use the time to do more physical activities, go outside to play, or just chat face to face with loved ones instead of using the internet, texting, emailing, and gaming.

Please complete the form below if you would like to participate in this event. The camper with the most technology-free total hours will win a prize, so please return this form to your teacher on Monday!! Let's see how much we take for granted or accomplish without an electronic device! Thank you for your cooperation.

Name: _____

Grade/Class: _____

<u>Date</u>	<u>Time</u>	<u>Total Hours</u>	<u>Parent Signature</u>
July 25	_____	_____	_____
July 26	_____	_____	_____
July 27	_____	_____	_____
July 28	_____	_____	_____
July 29	_____	_____	_____

