



#DeviceFreeEvening Thurs, May 16, 2019

Take a Digital Break!

Barrington Unites to Dedicate an Evening to connect with family, friends,

and neighbors engaging in **one** Device Free Activity

Amazing Things Happen When You Put Away Your Devices Even for a Short Time !!

Recommending at least **an hour without digital devices**

For more information and resources:

Digital Mindfulness [click here](#)

Common Sense Media [click here](#)

Device Free Activities Happening Around Town May 16th:

- **Explore High School Arts Night Exhibition (6:00 PM)**
- **Enjoy a Snack While Creating a Digital Mindfulness Poster at High School Library (6:00-7:30 PM)**
- **Drop In Activity at Barrington Public Library Teen Room in the evening**

Recommended Activities May 16th:

- **Plan a potluck dinner in your neighborhood**
- **Visit Barrington Beach & watch sunset**
- **Organize a game night**
- **Walk or bike on East Bay Bike Path**
- **Plant a garden & help neighbors with yard work**
- **Read a favorite book or share family stories**
- **Make a family meal together & create memories!!**

Barrington Public Library Screening Movie "Celling Your Soul" followed by Discussion with BHS Librarian Dr. Suzanne Costa (Mon. May 13th 6:30 PM) Sponsored by BHSPA

Device free activities help mitigate stress and build closer, healthier relationships! Put aside all your devices, destress with activities and connect with each other!

**** An initiative started by Dr. Suzanne Costa and Bindu Mallick**

Sponsored by Mr. Jim Cuhna Town Manager, Mr. Michael Messore Superintendent of Schools, BPS School Principals, Barrington Parent-Teacher Associations, BPS Librarians, with special thanks to Jamie Greene for resource materials, the Barrington Public Library, The Bay Team, the BHS iCreate Team

Listen

Sherry Turkle's research finds eighty-nine percent of Americans say that during their last social interaction, they took out a phone, and 82 percent said that it deteriorated the conversation they were in. Listen with your ears, eyes, and heart.

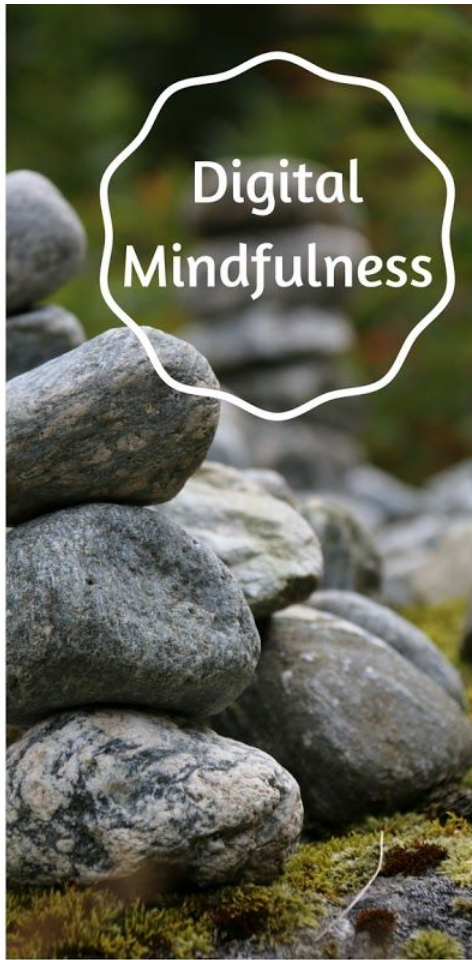
Focus

Choices are infinite, but attention is not. Apps like Moment track how much you use your iPhone and iPad each day. Web Historian can be used to visualize your web use and to understand your habits.

Balance

Digital devices are engineered for engagement. Maintain balance by single tasking and setting time limits. The Center for Humane Technology offers simple changes you can make to live more intentionally with your devices.

Digital Mindfulness



BPS Libraries support
#Device Free Evening
Ask your School Librarian to learn more.



See our curated collection of resources.

See

When you stare at a screen, whether it is a computer, TV, phone or tablet, you are exposed to blue light from the device. Blue light affects the body's circadian rhythm, our natural wake and sleep cycle. Unplug one hour before bed to avoid effects.

Esteem

Viewing idealized images of others on social media results in a loss of self-confidence and self-esteem in some individuals. Knowledge and gratitude may help us break tendencies toward social comparison.

Co-View

Co-viewing or Joint Media Engagement occurs when two or more people look at the same media at the same time, are involved in the content together, and are prompted by what they are seeing to interact with each other to bring more meaning to what they are watching or doing.