



Hi there, I'm **Ashley**
I'm an Elementary School Counselor,
Curriculum Author, Blogger, and
Boy mama. I specialize in all
things Counseling & SEL.



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Google Slides

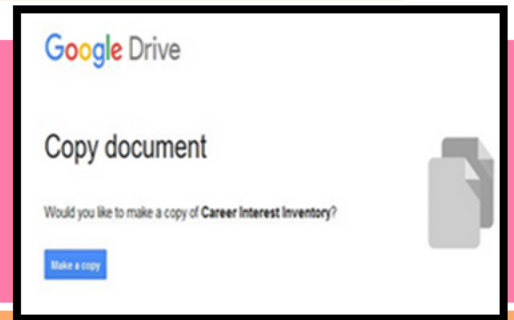
YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy:

[The Couch Potato](#)

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



BOOK COMPANION



The Couch Potato by Jory John

Session Objective:

*Students will identify healthy ways to balance screen time and demonstrate self-management skills by making choices that support their well-being, relationships, and responsibilities.

Materials:

*Book: The Couch Potato by Jory John.
*Handouts, scissors, tape/glue, pencils.

Guiding Questions:

*How can you use technology in a healthy and balanced way?
*What are some things you can do away from screens to stay healthy, happy, and connected to others?

Session Details

*Say, "Today we are going to be reading a book called 'The Couch Potato' by Jory John. In it, Potato learns to balance screen time with real-life activities." Read the book aloud. Have the students complete the story map as you are reading. Afterward, for grades K-1 use the Cut and Paste activity (p. 4-5), and for grades 2-5 use the Story Questions (p. 6-7) and the Think & Discuss pages (p. 8-11) to generate class/group discussion. Next, explain what perspective means. Say "Thinking about another person's perspective means you are thinking about how that person would view it as if you were looking at the situation from their eyes. For example, Potato's perspective might be that he really loves his screens, while his mom's perspective might be that he is spending too much time on them and not enough time in person with his friends." Complete the perspective handout (p. 12). Say "Being able to have self-discipline is what Potato needs to do. Let's look at ways to show self-discipline." Complete the SEL handout (p.13). Next, choose the best option on pages 14-17 for your students' writing ability and have them complete the writing prompt and writing craftivity. Next, say "Let's determine how we can balance our screen time with real-life fun activities we like to do", complete the creative activity. The writing craftivity and/or creative activity make for a great bulletin board display.

ASCA Standards Alignment:

*Mindset: Sense of belonging in the school environment (M 3)
*Behavior: Self-Management: Self-discipline and self-control. (SMS-2)
*Behavior: Self-Management: Delayed gratification for long term rewards. (SMS-4)
*Behavior: Self-Management: Ability to identify and overcome barriers. (SMS-6)
*Behavior: Self-Management: Balance of school, home and community activities. (SMS-8)

SEL Competencies:

*Self-Management: Impulse control, self-discipline.
*Self-Awareness: Accurate self-perception,.

BOOK COMPANION



The Couch Potato by Jory John

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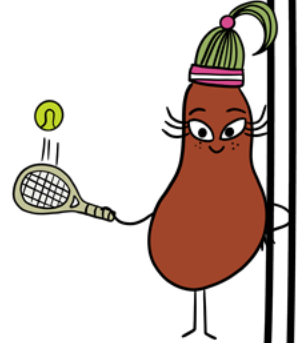
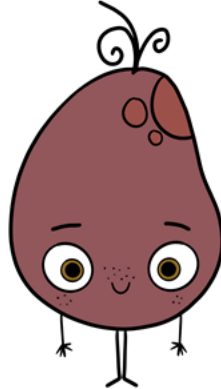
Story Map

Setting:

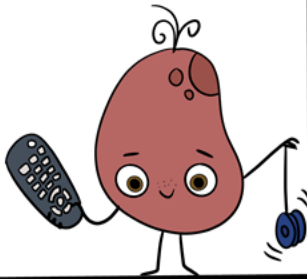


The Couch Potato by Jory John

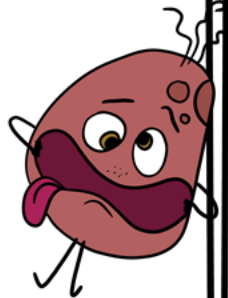
Characters:



Beginning:



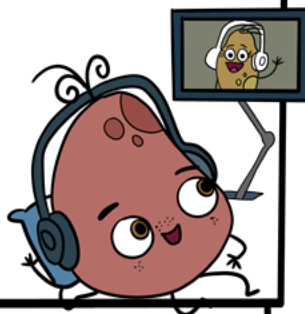
Middle:



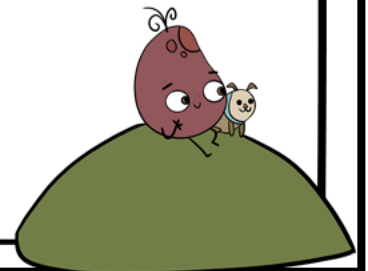
End:



Problem:



Solution:



NAME: _____

DATE: _____



Cut & Paste

Cut and paste the situations into the correct spot if they are actions done on screens, mostly off screens, or can be balanced.

Mostly Screen

Can be balanced

Mostly Off Screen

Mostly Screen

Can be balanced

Mostly Off Screen

Mostly Screen

Can be balanced

Mostly Off Screen

Cut out each situation card
and paste it in the correct spot
on the previous page.

Playing video
games



Texting



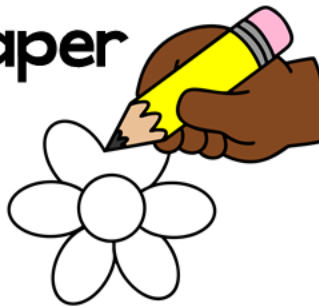
Watching videos



Learning online



Drawing on a
paper



Talking to
friends on the
phone.



Playing outside.



Reading a
book



Listening to an
audio book.



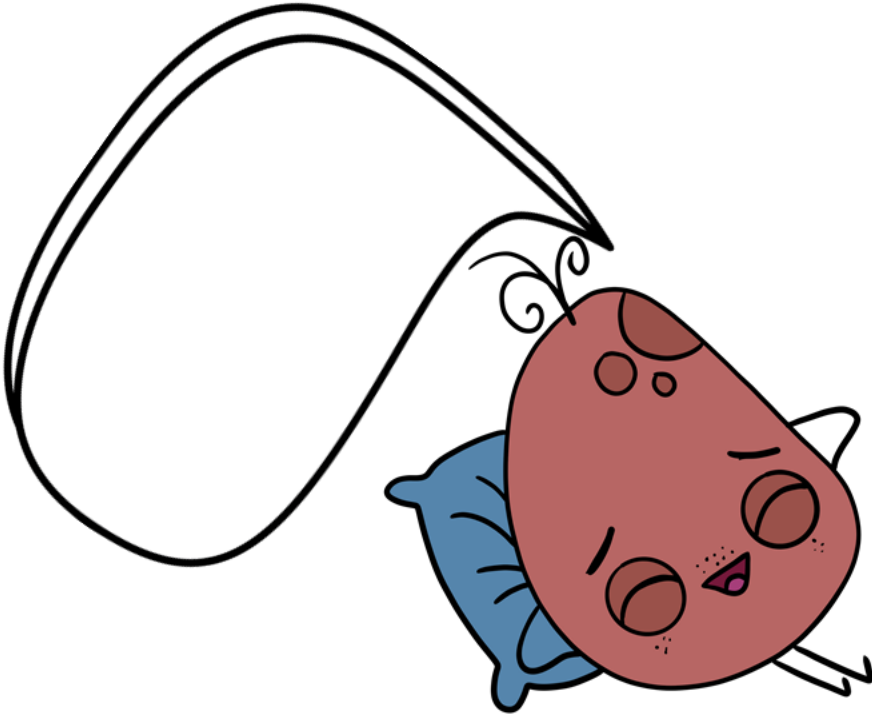
NAME: _____

DATE: _____

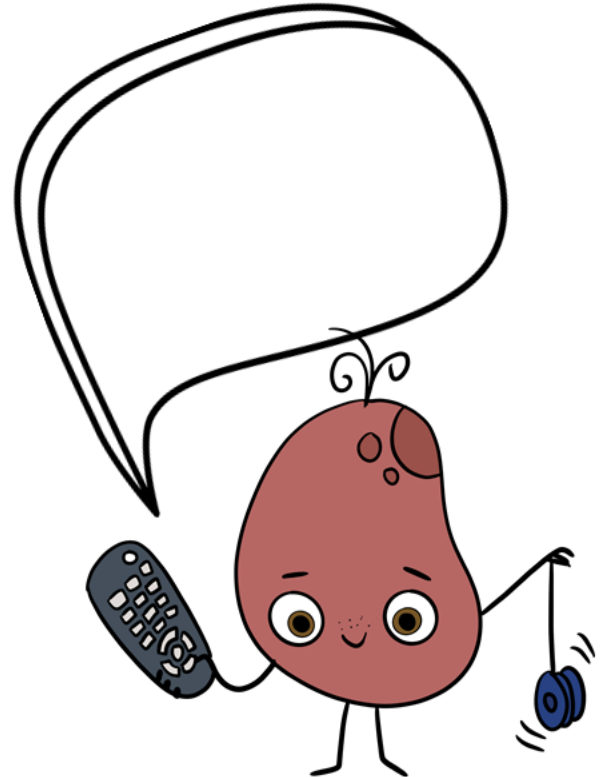
Story 
Questions

The Couch Potato

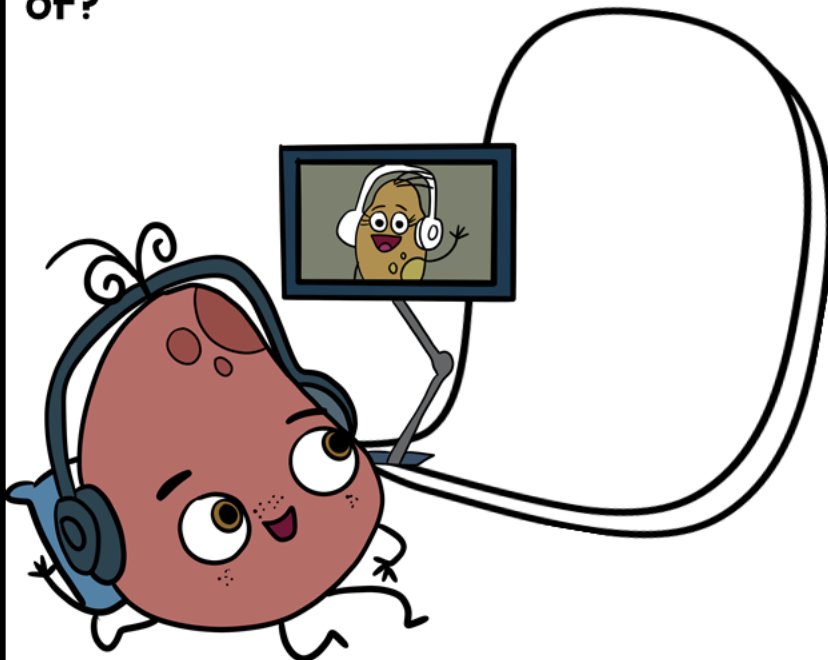
Where is Potato's favorite spot to slouch?



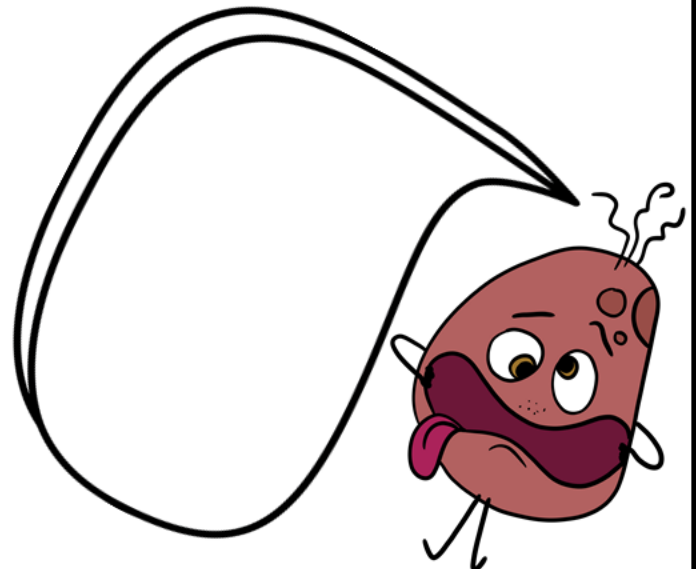
What does potato say is the most important thing in life?



What does Potato's setup consist of?




What happened when Potato plugged in his new device?



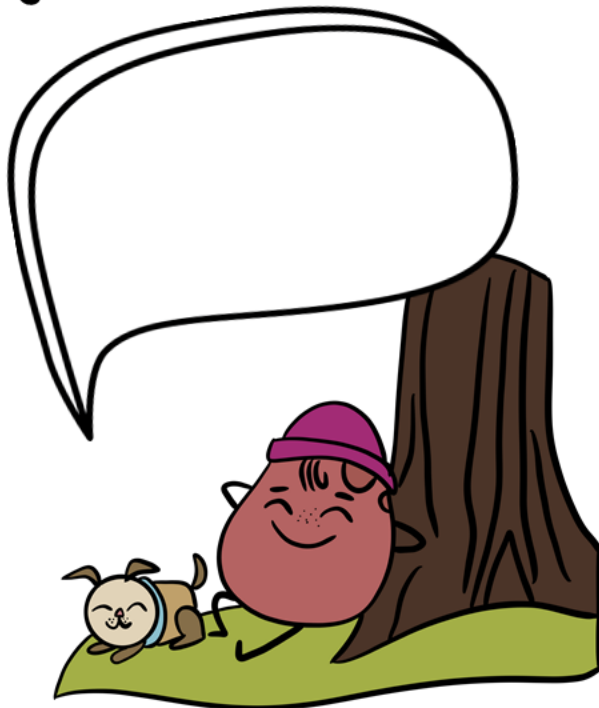
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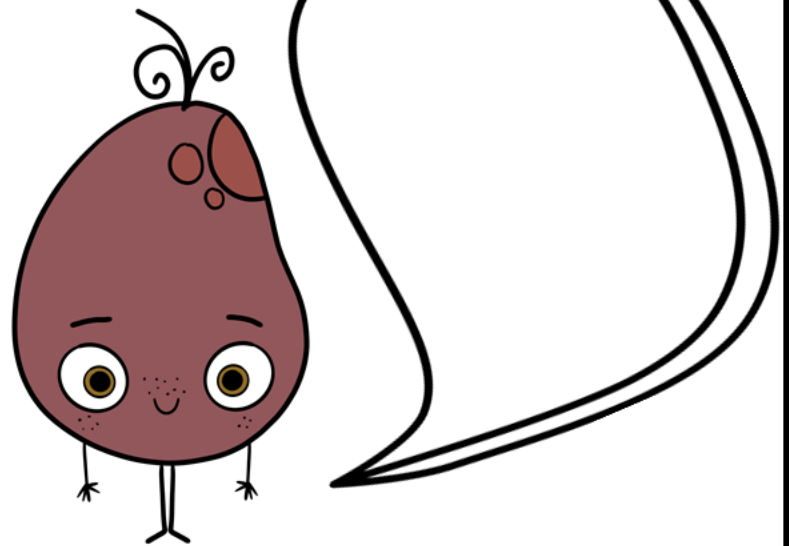
Story 
Questions

The Couch Potato

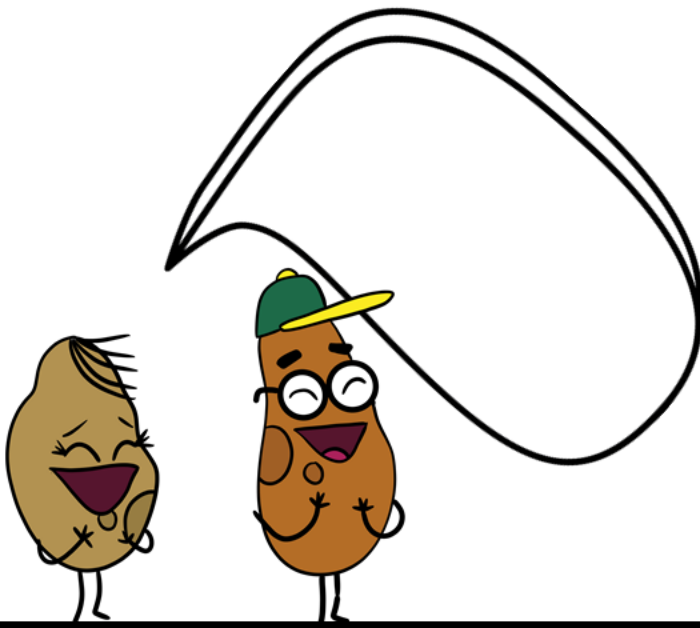
What did Potato do after the lights went out?



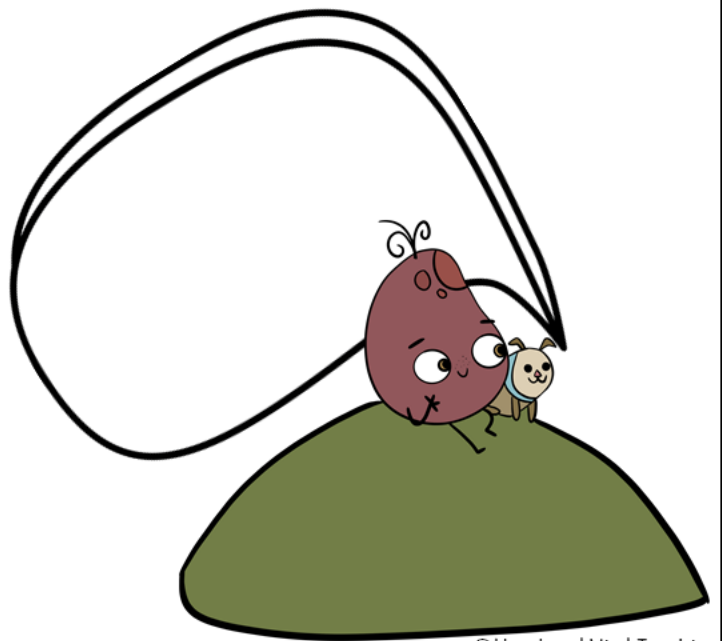
What did Potato notice when he took a minute to sit outside?



What did Potato start doing with his friends?



What decision did Potato make about the couch?



NAME: _____

DATE: _____



Think & Discuss



How do you feel after using technology for a long time?

What might happen if someone spends all day sitting?

What can you do to prevent yourself from being on screens for too long?



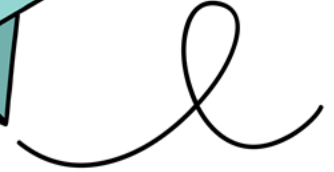
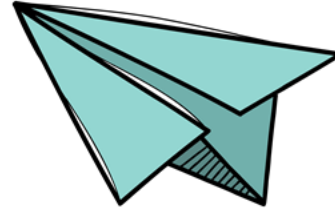
NAME: _____

DATE: _____



Think &
Discuss

Do you think technology is bad?



What are some clues that show you that you have been on a screen for too long?

What activities do you enjoy doing away from screens?



NAME: _____

DATE: _____



Think &
Discuss

Read the situations and decide if they are showing balanced screen time or not and explain why.

After school, Emma planned to ride bikes with her friends. Instead, she spent four hours watching videos on her tablet. By the time she looked up, her friends had already gone home and it was almost bedtime.



Mia spent 30 minutes playing a video game after school. Then she completed her homework, played outside with her dog, ate dinner with her family, and read



During dinner, Noah kept playing a game on his phone. He barely talked to his family and didn't hear when his parents asked him questions. After dinner, he went right back to his screen.



Ethan stayed up late playing games on his tablet. The next morning, he felt tired, had trouble paying attention in class, and became frustrated easily when things

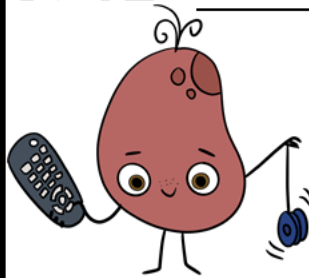


NAME: _____

DATE: _____



Think &
Discuss



Put a checkmark on each action, determining if it is balanced screen time or not.

Balanced

Too Much
Screen Time

| | | |
|---|--|--|
| Plays a game, then rides a bike. | | |
| Watches videos all afternoon. | | |
| Uses a tablet for homework, then reads. | | |
| Stays up late gaming. | | |
| Spends the whole weekend on screens. | | |
| Watches one show, then helps cook. | | |
| Plays on a tablet during dinner. | | |
| Watches TV, then walks the dog. | | |
| Forgets homework because of phone use. | | |
| Chooses a tablet instead of recess. | | |
| Watches a movie, then plays a board game. | | |

Character Perspective



NAME: _____

DATE: _____

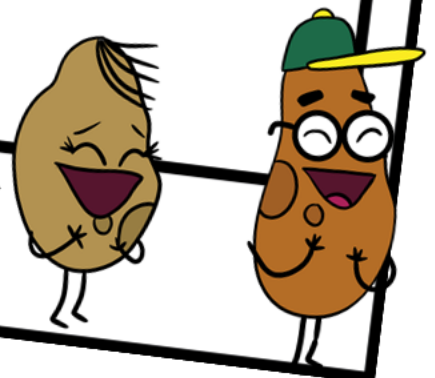
Think about the different perspectives of each character from the book.

Write in the boxes below what you think their perspectives might be.

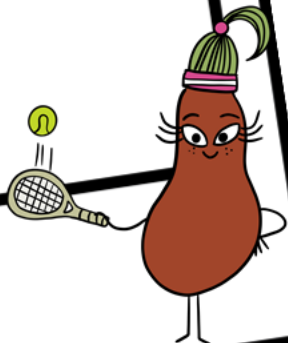


Couch Potato

Potato's friends



Potato's MOM



Perspective means:

A way of thinking about and understanding something; a point of view.

Social Emotional Learning



NAME: _____

DATE: _____

Develop healthy routines.



Set goals for balanced technology use.



Manage impulses and self-control



Notice when tired, distracted, disconnected.

Self-Management
Self-Discipline

How do you know when screen time is helping you and when it might be becoming too much?

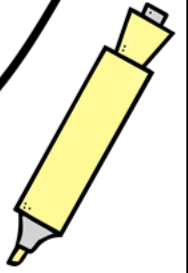
Why is balance important?



Self-Discipline means:

Controlling your actions and doing what you need to do, even when you don't feel like it..

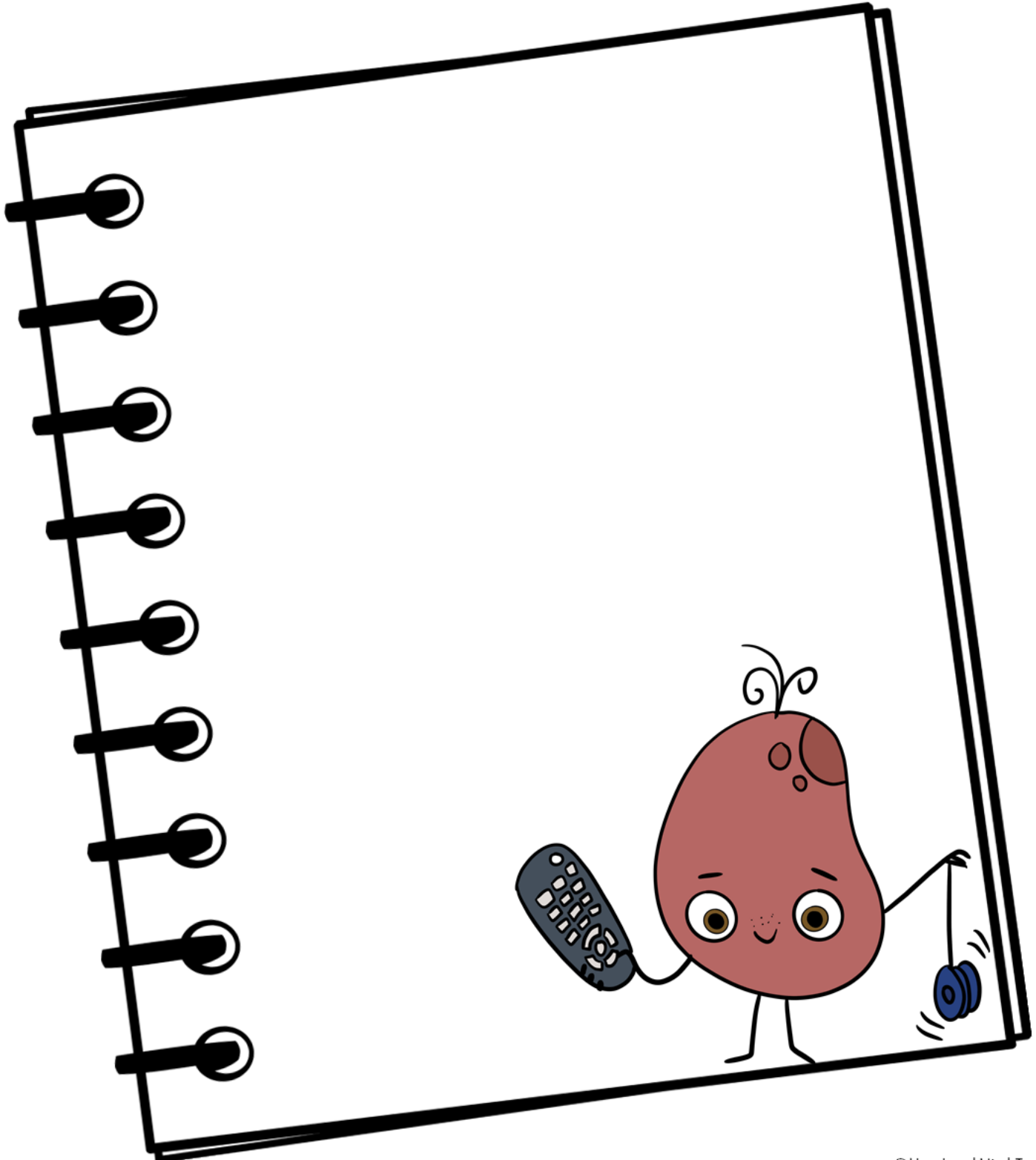
Draw & Write



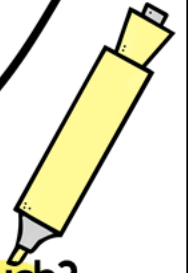
NAME: _____

DATE: _____

Draw signs that you have had too much screen-time, and how you feel when you have been on screens too much.



Draw & Write

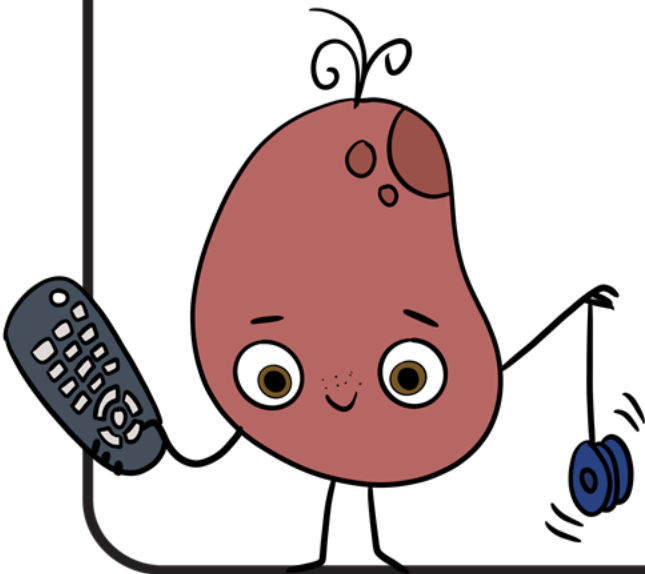


NAME: _____

DATE: _____

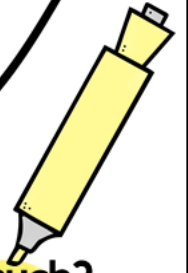
Describe & draw signs that you have had too much screen-time.

How do you notice you feel when you have been on screens too much?



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines provided for writing.

Draw & Write



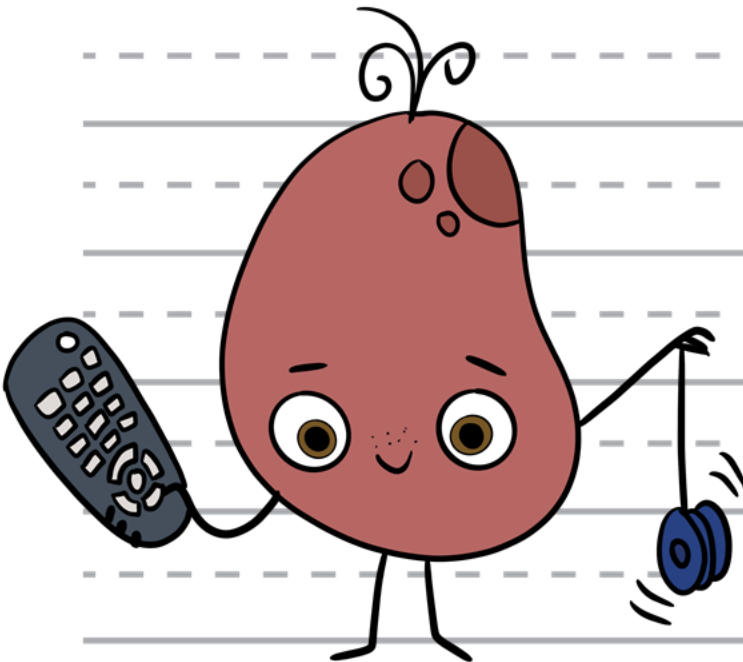
NAME: _____

DATE: _____

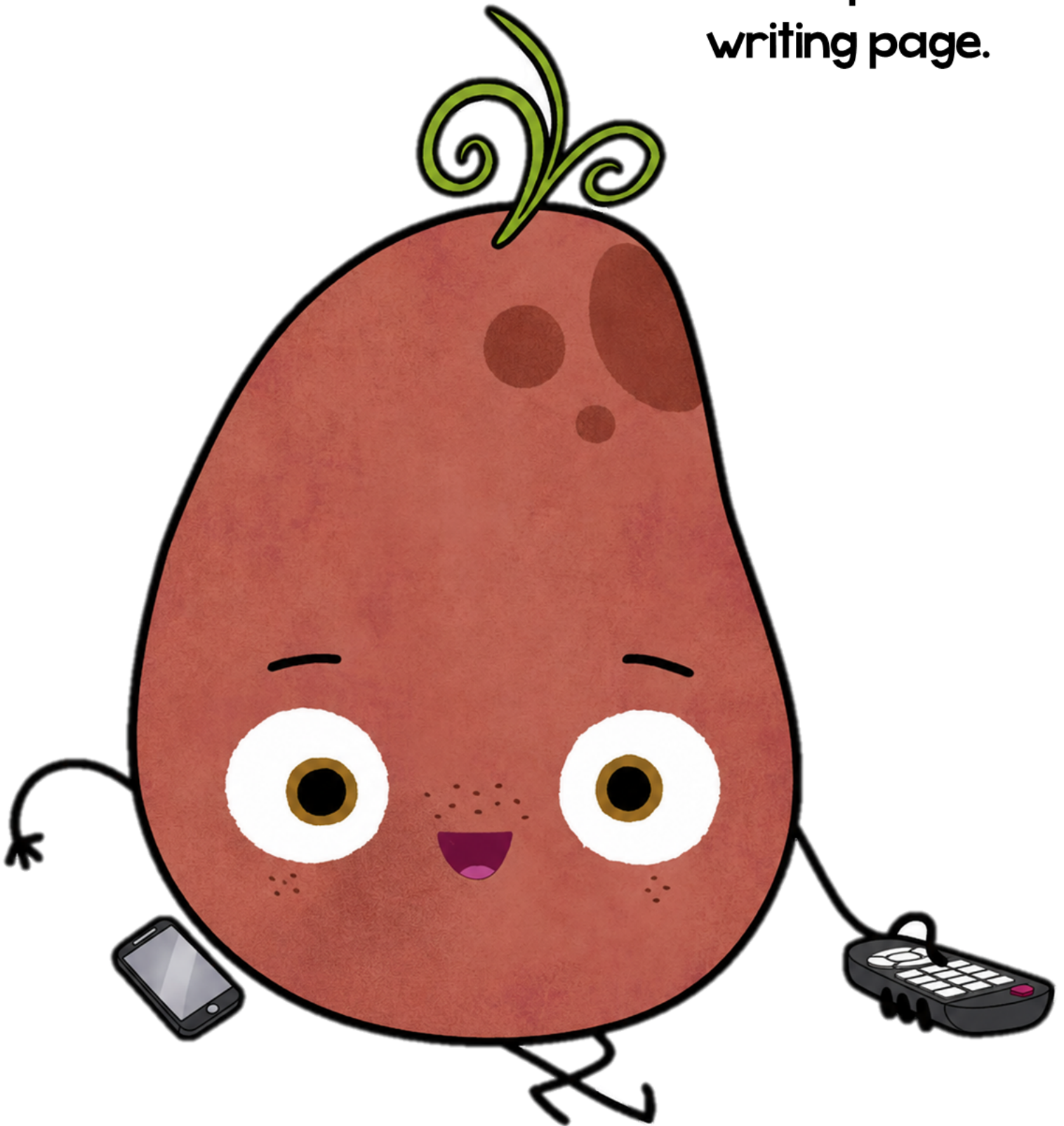
What are some signs that you have had too much screen-time?

How do you notice you feel when you have been on screens too much?

Handwriting practice area with multiple sets of horizontal lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.



***Cut out and glue
to the top of the
writing page.**





What are some activities that you enjoy that are **off screens**?

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated multiple times for writing.



What are some activities that you
enjoy that are **off screens?**

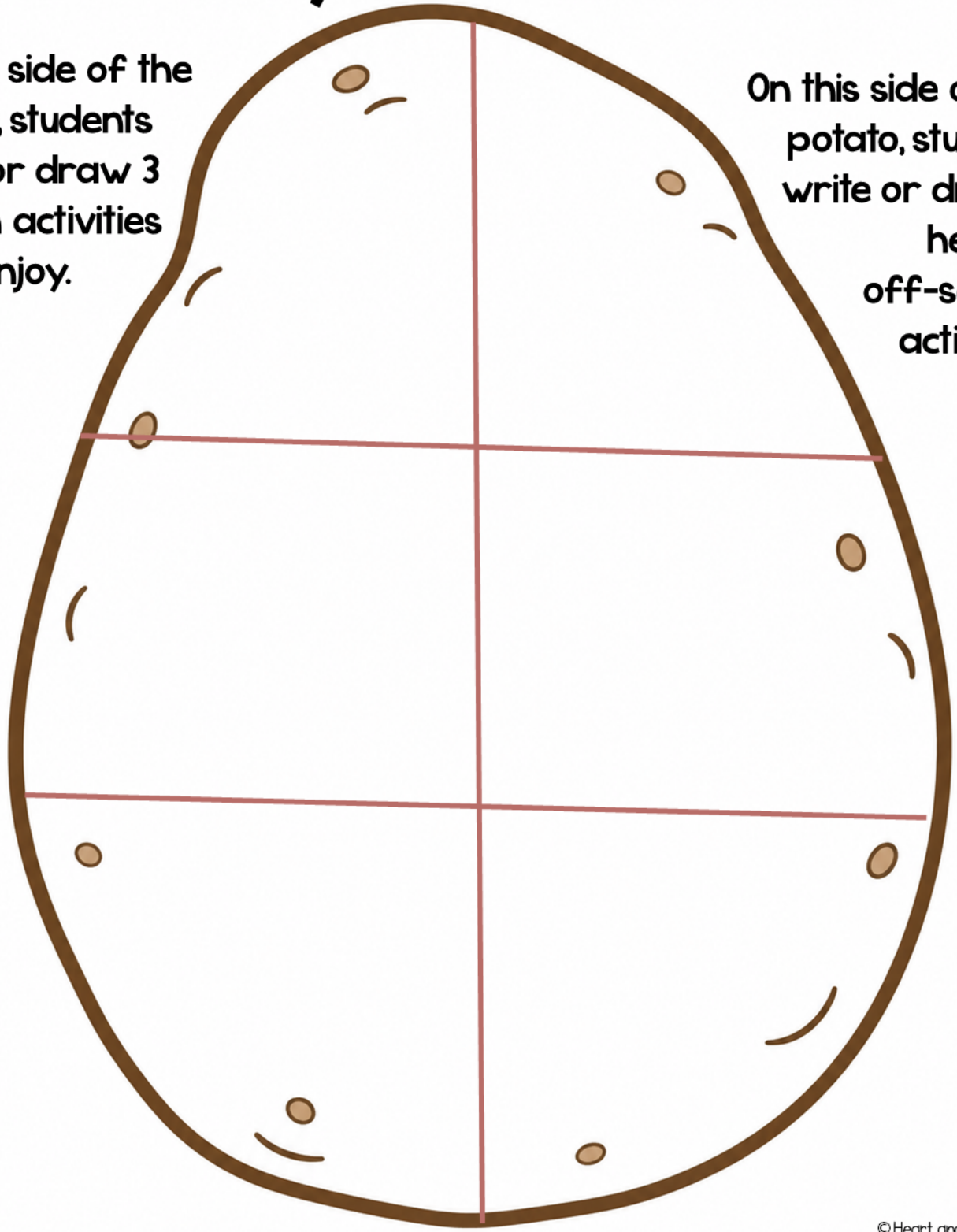
Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are four sets of these lines provided for writing.

Don't be a COUCH POTATO

Find your balance!

On this side of the potato, students write or draw 3 screen activities they enjoy.

On this side of the potato, students write or draw 3 healthy off-screen activities.



By:

On this side of the potato, students write or draw 4 screen activities they enjoy.

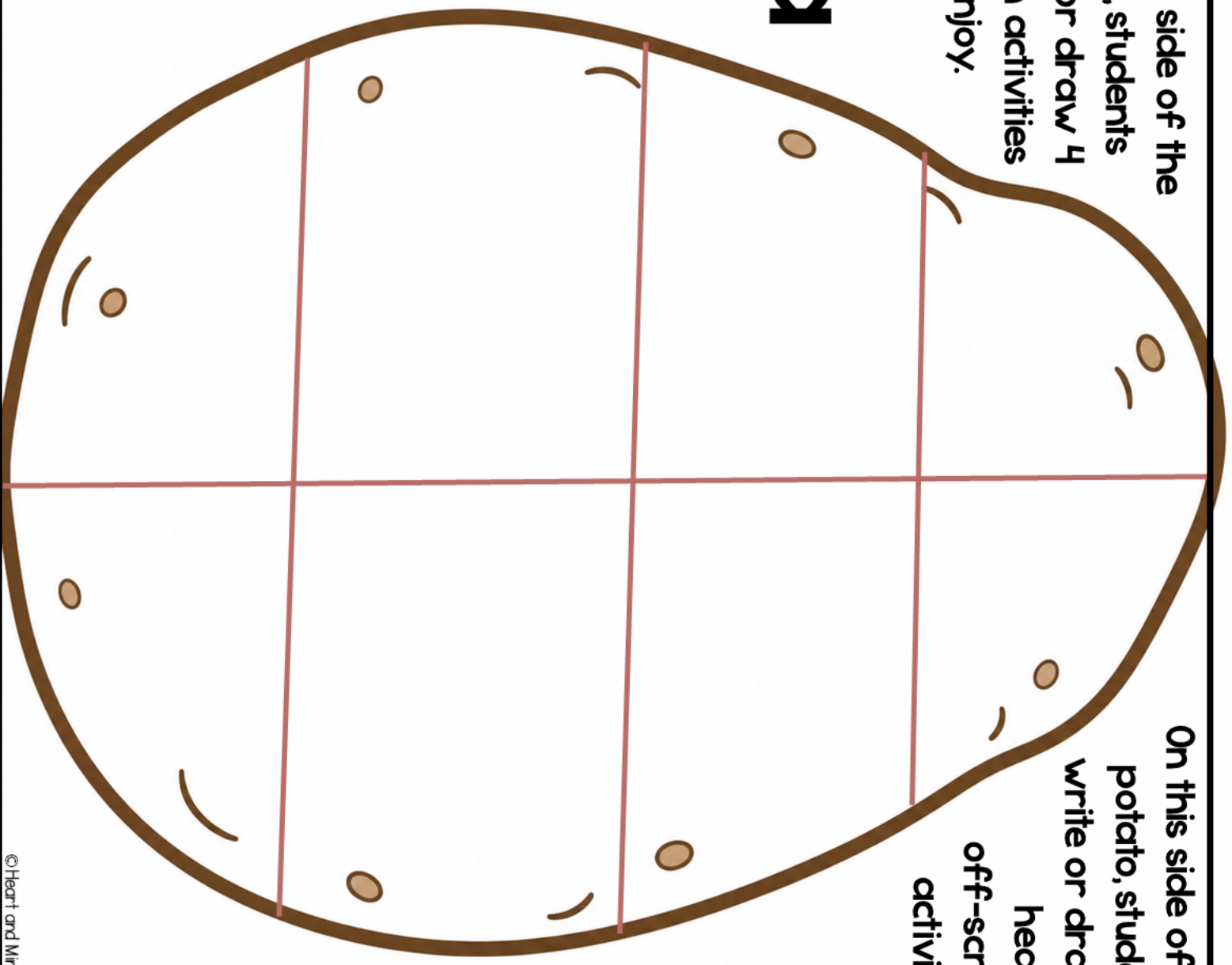
On this side of the potato, students write or draw 4 healthy off-screen activities.

Don't be a

COUCH

POTATO

Find your balance!



By:

I can balance SCREEN TIME by...

Playing
outside

Reading
a
book

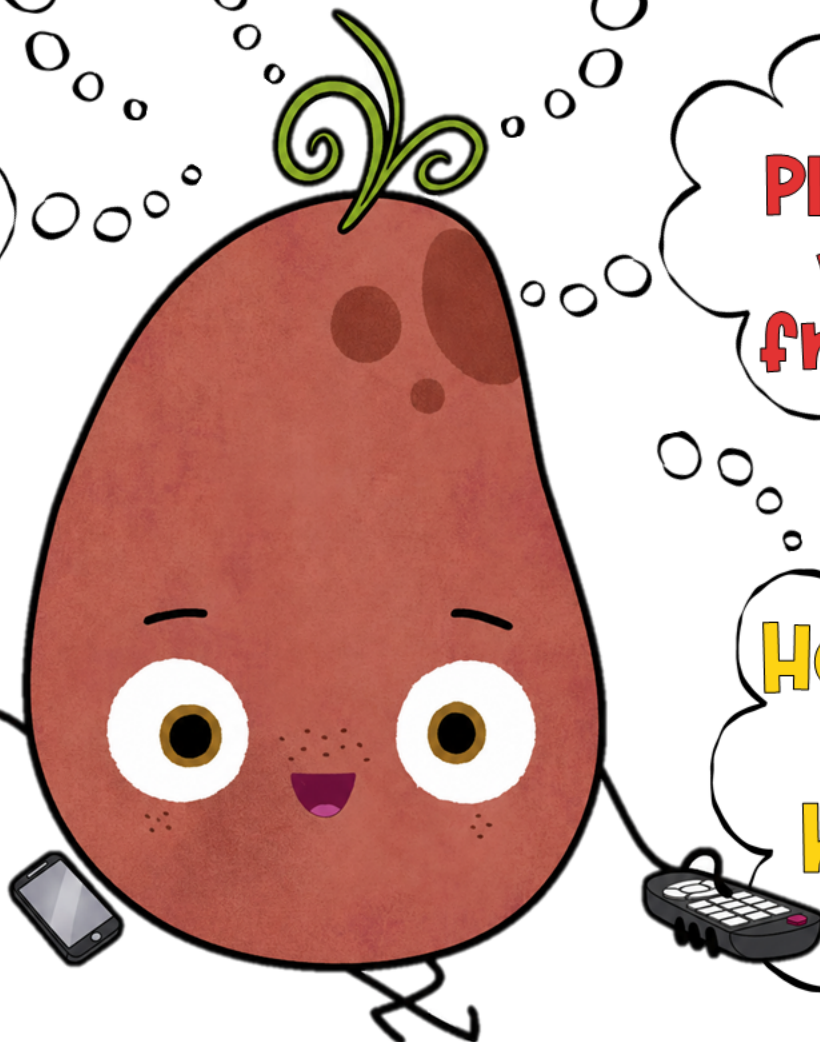
Getting
exercise,
moving your
body

Exploring
nature

Playing
with
friends

Drawing,
writing,
paint,
create

Helping
at
home



Signs of too much SCREEN TIME



Feeling tired during the day, staying up late.

Choosing screens over other fun activities.



Not playing outside.

Forgetting homework or chores.

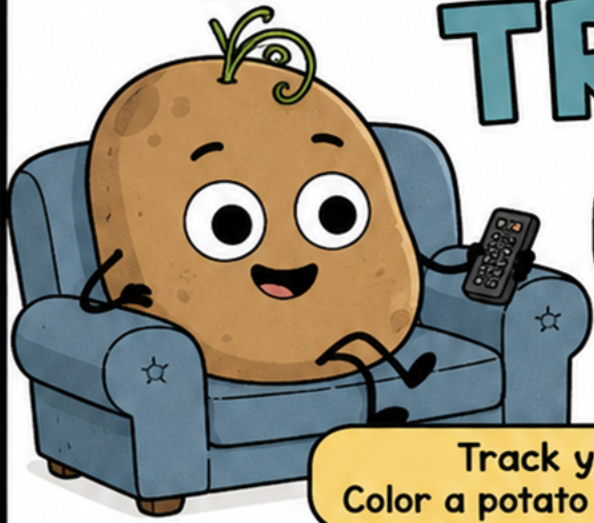


Feeling upset when tech is unavailable.

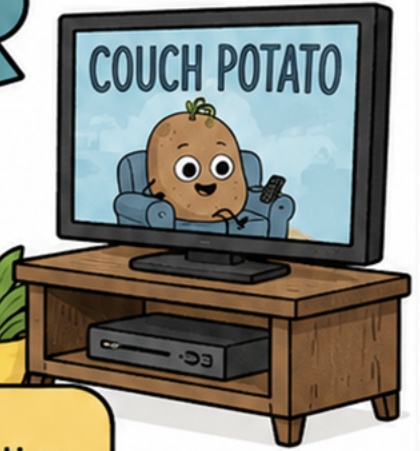
Sitting for long periods of time.



My SCREEN-TIME TRACKER



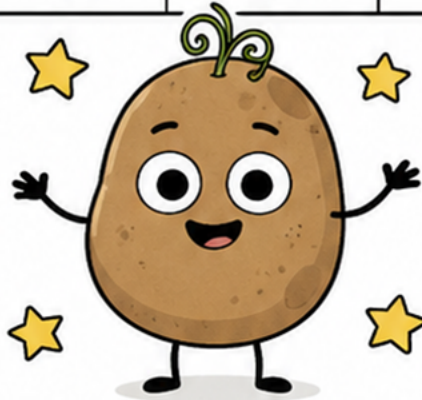
I can find balance!



Track your screen time each day!
Color a potato for each 30 minutes of screen time.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

My Daily Goal:
_____ potato(s)
(Each potato = 30 minutes)

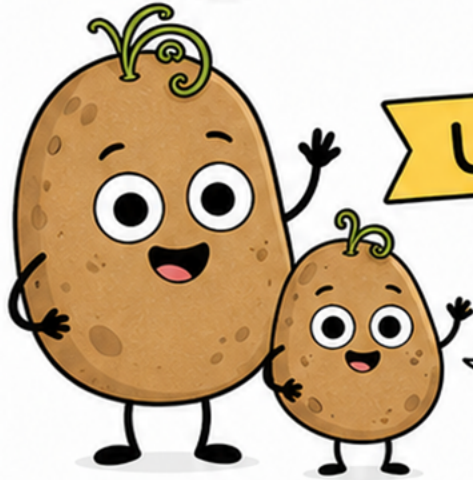


- I can balance my time by...
- Playing outside
 - Reading a book
 - Spending time with friends
 - Helping at home
 - Getting enough sleep

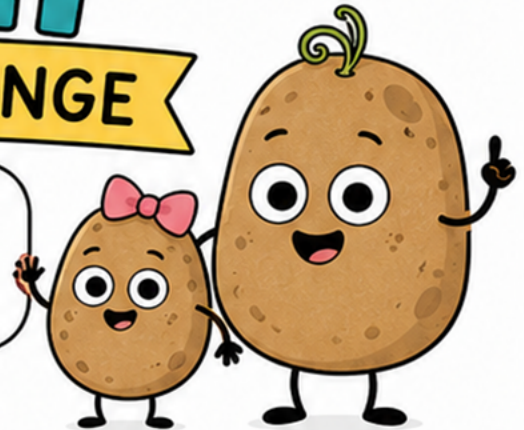
Great job! Small choices each day help you grow into a **HAPPY, HEALTHY, BALANCED** you!

THE COUCH POTATO FAMILY

UNPLUG CHALLENGE



Let's unplug and connect!
Spend quality time together
as a family—away from screens!

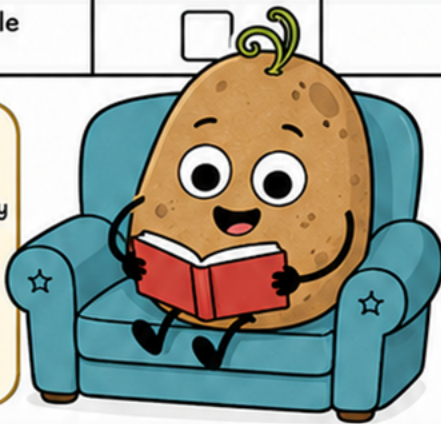


Our Family Challenge:
We will unplug from screens and spend more time together!

| DAY | CHOOSE TO UNPLUG for quality time | WE DID IT! (Check) | WHAT WE DID TOGETHER (Write or draw) |
|-----------|-----------------------------------|--------------------------|--------------------------------------|
| MONDAY | ★ We choose people over screens! | <input type="checkbox"/> | |
| TUESDAY | ★ We choose people over screens! | <input type="checkbox"/> | |
| WEDNESDAY | ★ We choose people over screens! | <input type="checkbox"/> | |
| THURSDAY | ★ We choose people over screens! | <input type="checkbox"/> | |
| FRIDAY | ★ We choose people over screens! | <input type="checkbox"/> | |
| SATURDAY | ★ We choose people over screens! | <input type="checkbox"/> | |
| SUNDAY | ★ We choose people over screens! | <input type="checkbox"/> | |

UNPLUG IDEAS

- ★ Play a board game
- ★ Go outside
- ★ Read a book together
- ★ Cook or bake something
- ★ Do a puzzle
- ★ Have a dance party
- ★ Tell stories
- ★ Create art
- ★ Go for a walk
- ★ Help someone



WE DID IT!

Color a star for each day you completed the challenge!

★ ★ ★ ★ ★ ★ ★

Less screen time, more family time!
We're a happy, healthy, connected Couch Potato Family!



The Couch Potato

Where is Potato's favorite spot to slouch?

The couch

What does potato say is the most important thing in life?

To be comfortable.

What does Potato's setup consist of?

Tons of screens.

What happened when Potato plugged in his new device?

The power went out.

What did Potato do after the lights went out?

Took his dog for a walk.

What did Potato notice when he took a minute to sit outside?

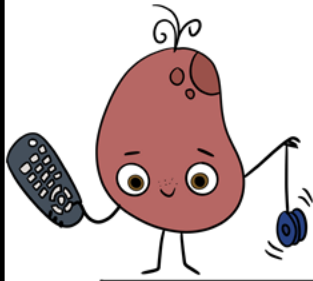
He stopped thinking about tech and noticed nature.

What did Potato start doing with his friends?

Playing with them in person.

What decision did Potato make about the couch?

To peel himself off the couch daily and go outside.



Put a checkmark on each action, determining if it is offering forgiveness or not.

Balanced

Too Much Screen Time

| | | |
|---|---|---|
| Plays a game, then rides a bike. | ✓ | |
| Watches videos all afternoon. | | ✓ |
| Uses a tablet for homework, then reads. | ✓ | |
| Stays up late gaming. | | ✓ |
| Spends the whole weekend on screens. | | ✓ |
| Watches one show, then helps cook. | ✓ | |
| Plays on a tablet during dinner. | | ✓ |
| Watches TV, then walks the dog. | ✓ | |
| Forgets homework because of phone use. | | ✓ |
| Chooses a tablet instead of recess. | | ✓ |
| Watches a movie, then plays a board game. | ✓ | |

Black & White Version

BOOK COMPANION



The Couch Potato by Jory John

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Materials:

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Guiding Questions:

*How can you use technology in a healthy and balanced way?
*What are some things you can do away from screens to stay healthy, happy, and connected to others?

Session Details

*Say, "Today we are going to be reading a book called 'The Couch Potato' by Jory John. In it, Potato learns to balance screen time with real-life activities." Read the book aloud. Have the students complete the story map as you are reading. Afterward, for grades K-1 use the Cut and Paste activity (p. 4-5), and for grades 2-5 use the Story Questions (p. 6-7) and the Think & Discuss pages (p. 8-11) to generate class/group discussion. Next, explain what perspective means. Say "Thinking about another person's perspective means you are thinking about how that person would view it as if you were looking at the situation from their eyes. For example, Potato's perspective might be that he really loves his screens, while his mom's perspective might be that he is spending too much time on them and not enough time in person with his friends." Complete the perspective handout (p. 12). Say "Being able to have self-discipline is what Potato needs to do. Let's look at ways to show self-discipline." Complete the SEL handout (p.13). Next, choose the best option on pages 14-17 for your students' writing ability and have them complete the writing prompt and writing craftivity. Next, say "Let's determine how we can balance our screen time with real-life fun activities we like to do", complete the creative activity. The writing craftivity and/or creative activity make for a great bulletin board display.

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SEL Competencies:

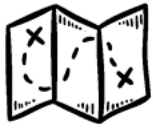
*Self-Management: Impulse control, self-discipline.
*Self-Awareness: Accurate self-perception,.

BOOK COMPANION



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Creative Activityp. 24-25



Postersp. 26-27



Answer Keysp. 28-29

NAME: _____

DATE: _____



Story Map

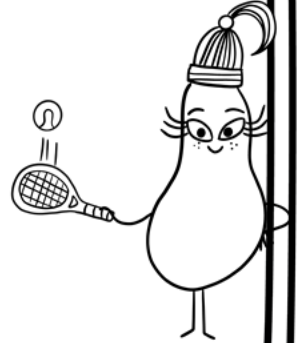
Setting:



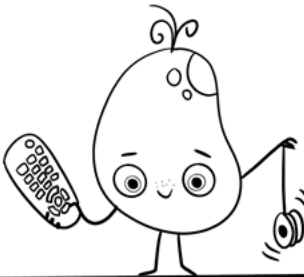
The Couch Potato by Jory John



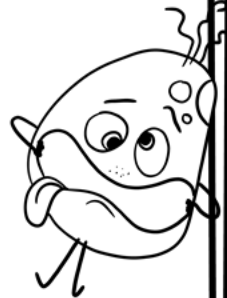
Characters:



Beginning:



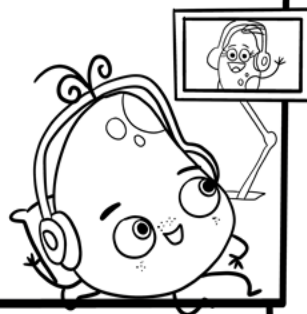
Middle:



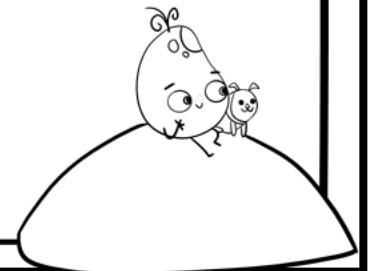
End:



Problem:



Solution:



NAME: _____

DATE: _____



Cut & Paste

Cut and paste the situations into the correct spot if they are actions done on screens, mostly off screens, or can be balanced.

Mostly Screen

Can be balanced

Mostly Off Screen

Mostly Screen

Can be balanced

Mostly Off Screen

Mostly Screen

Can be balanced

Mostly Off Screen

Cut out each situation card
and paste it in the correct spot
on the previous page.

Playing video
games



Texting



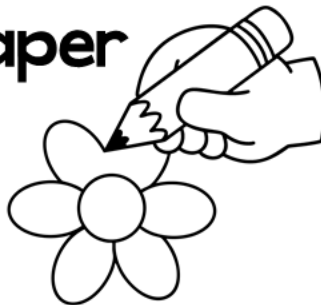
Watching videos



Learning online



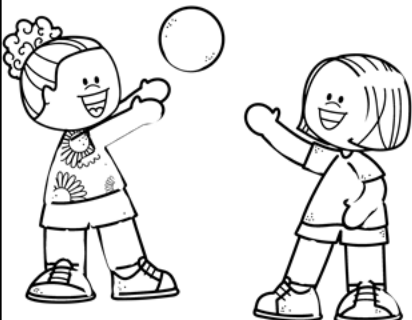
Drawing on a
paper



Talking to
friends on the
phone.



Playing outside.



Reading a
book



Listening to an
audio book.



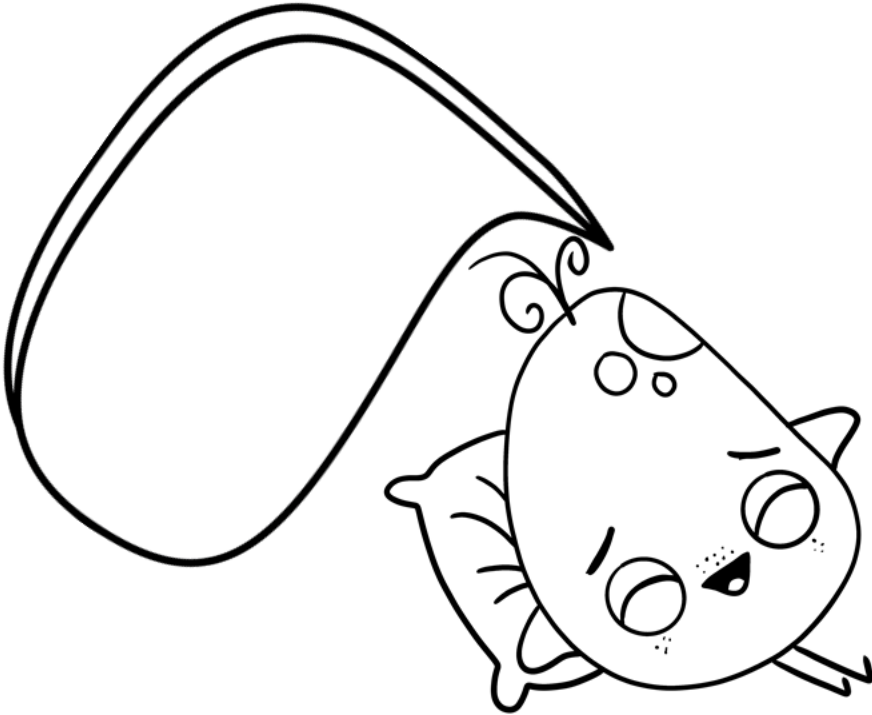
NAME: _____

DATE: _____

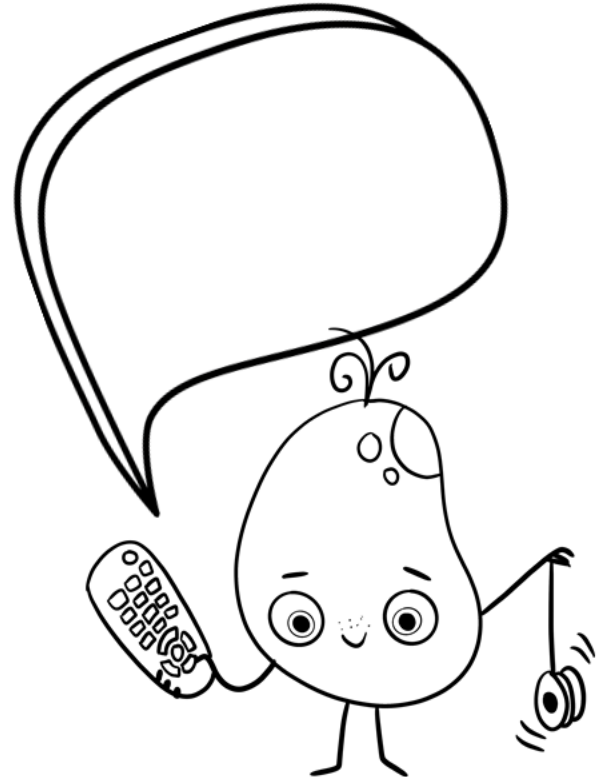
Story 
Questions

The Couch Potato

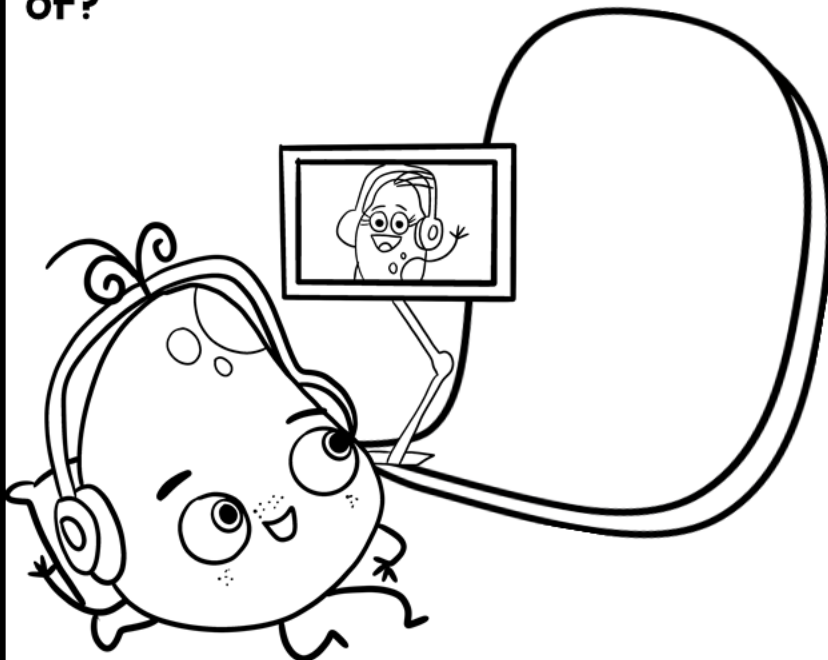
Where is Potato's favorite spot to slouch?



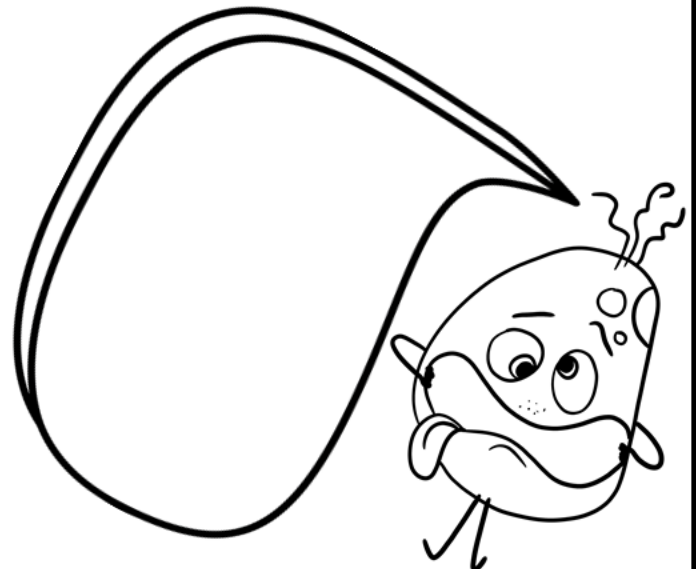
What does potato say is the most important thing in life?



What does Potato's setup consist of?



What happened when Potato plugged in his new device?



NAME: _____

DATE: _____

Story



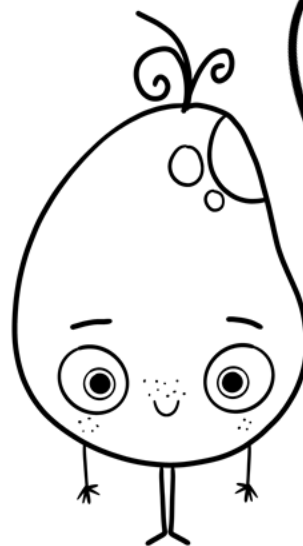
Questions

The Couch Potato

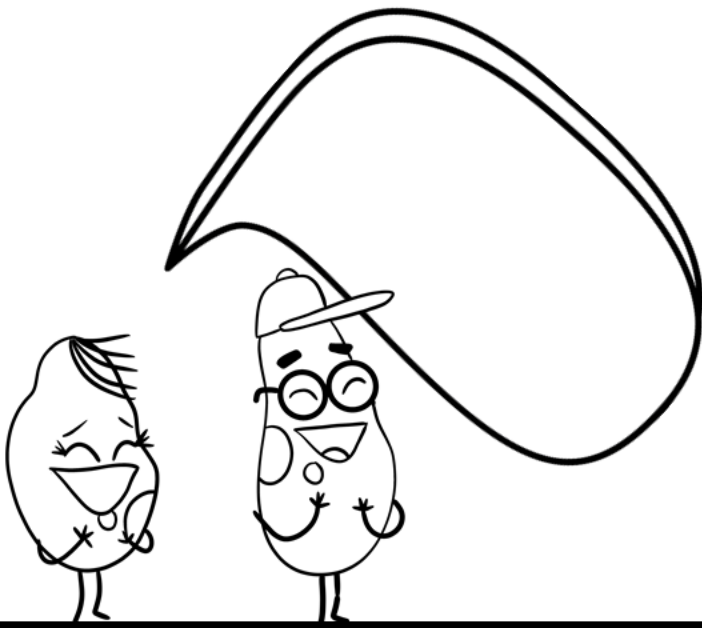
What did Potato do after the lights went out?



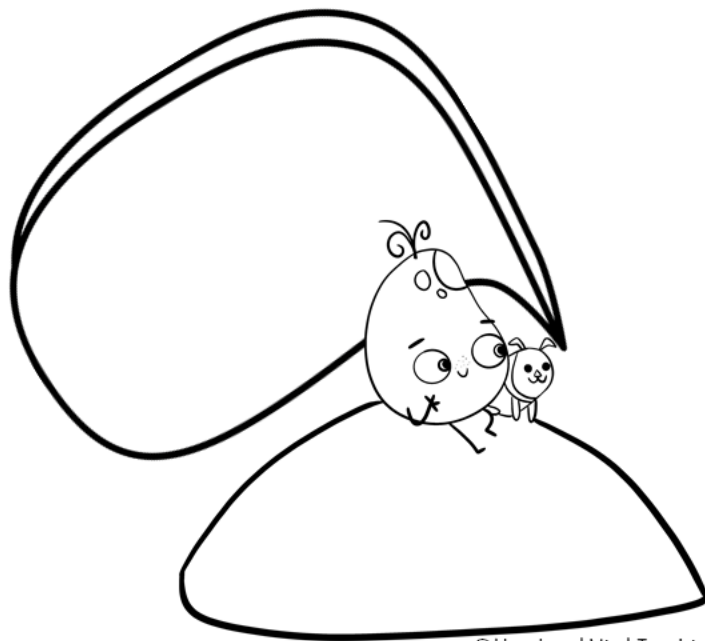
What did Potato notice when he took a minute to sit outside?



What did Potato start doing with his friends?

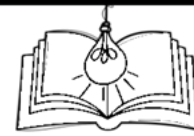


What decision did Potato make about the couch?



NAME: _____

DATE: _____



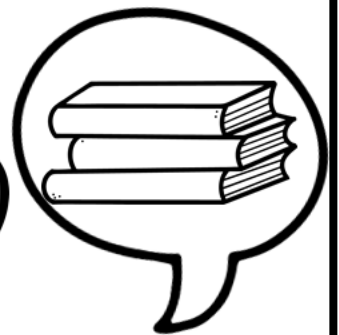
Think &
Discuss



How do you feel after using
technology for a long time?

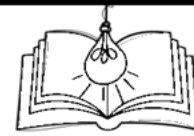
What might happen if
someone spends all day
sitting?

What can you do to prevent
yourself from being on screens
for too long?



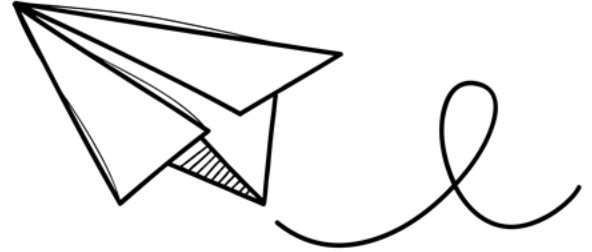
NAME: _____

DATE: _____



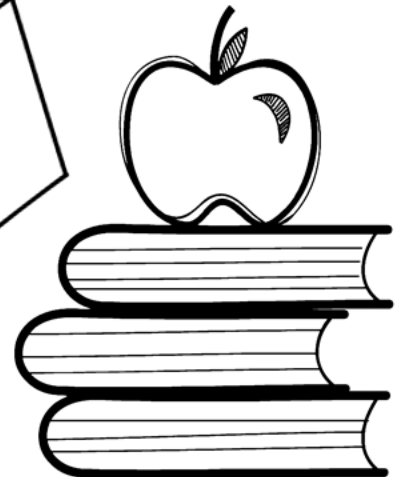
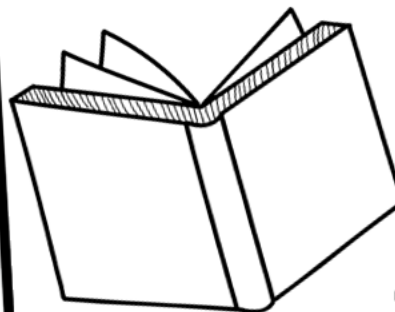
Think &
Discuss

Do you think technology is bad?



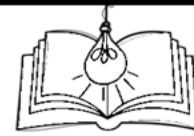
What are some clues that show you that you have been on a screen for too long?

What activities do you enjoy doing away from screens?



NAME: _____

DATE: _____



Think &
Discuss

Read the situations and decide if they are showing balanced screen time or not and explain why.

After school, Emma planned to ride bikes with her friends. Instead, she spent four hours watching videos on her tablet. By the time she looked up, her friends had already gone home and it was almost bedtime.

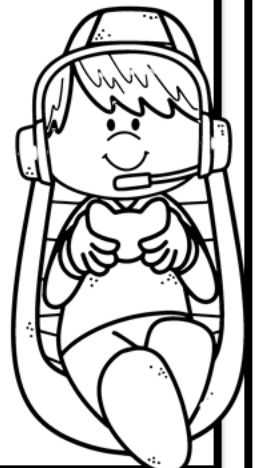
During dinner, Noah kept playing a game on his phone. He barely talked to his family and didn't hear when his parents asked him questions. After dinner, he went right back to his screen.



Mia spent 30 minutes playing a video game after school. Then she completed her homework, played outside with her dog, ate dinner with her family, and read

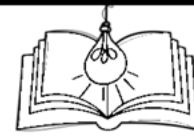


Ethan stayed up late playing games on his tablet. The next morning, he felt tired, had trouble paying attention in class, and became frustrated easily when things

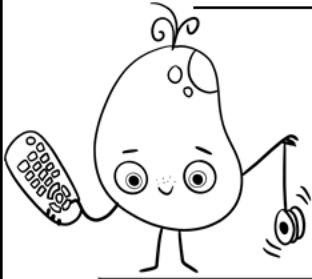


NAME: _____

DATE: _____



Think & Discuss



Put a checkmark on each action, determining if it is balanced screen time or not.

Balanced

Too Much Screen Time

| | | |
|---|--|--|
| Plays a game, then rides a bike. | | |
| Watches videos all afternoon. | | |
| Uses a tablet for homework, then reads. | | |
| Stays up late gaming. | | |
| Spends the whole weekend on screens. | | |
| Watches one show, then helps cook. | | |
| Plays on a tablet during dinner. | | |
| Watches TV, then walks the dog. | | |
| Forgets homework because of phone use. | | |
| Chooses a tablet instead of recess. | | |
| Watches a movie, then plays a board game. | | |

NAME: _____

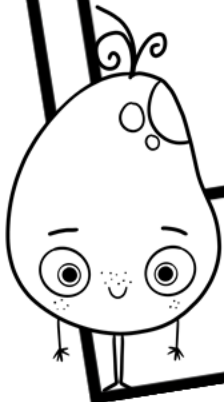
DATE: _____

Character Perspective



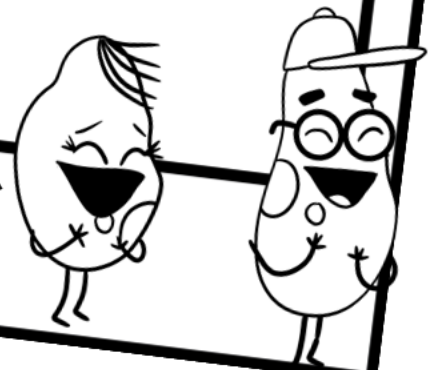
Think about the different perspectives of each character from the book.

Write in the boxes below what you think their perspectives might be.



Couch Potato

Potato's friends



Potato's MOM



Perspective means:

A way of thinking about and understanding something; a point of view.

NAME: _____

DATE: _____

Social Emotional Learning



Develop healthy routines.



Set goals for balanced technology use.



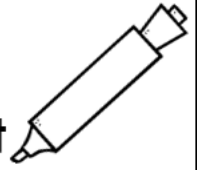
Manage impulses and self-control



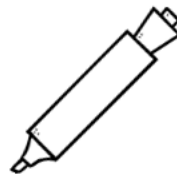
Notice when tired, distracted, disconnected.



How do you know when screen time is helping you and when it might be becoming too much?



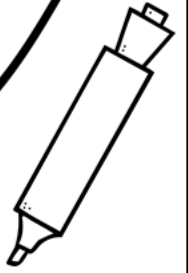
Why is balance important?



Self-Discipline means:

Controlling your actions and doing what you need to do, even when you don't feel like it..

Draw & Write



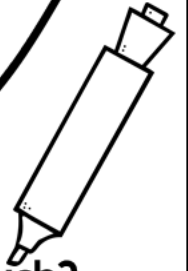
NAME: _____

DATE: _____

Draw signs that you have had too much screen-time, and how you feel when you have been on screens too much.



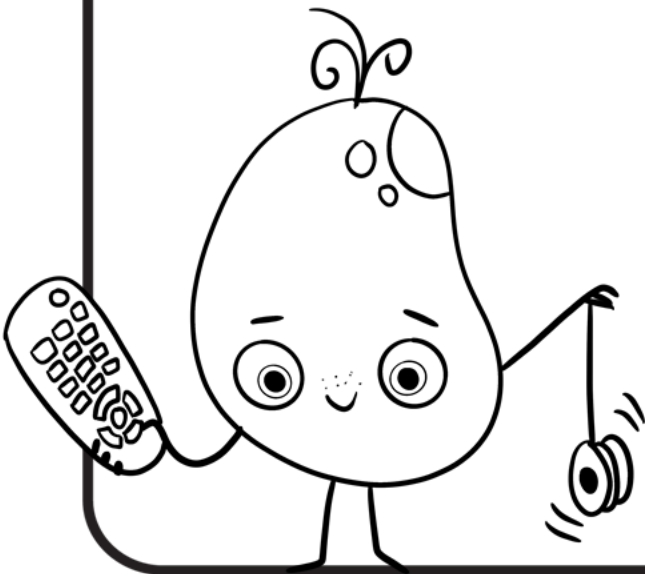
Draw & Write



NAME: _____

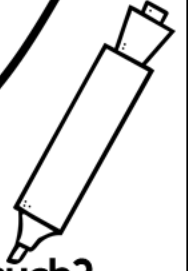
DATE: _____

Describe & draw signs that you have had too much screen-time.
How do you notice you feel when you have been on screens too much?



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are five sets of these lines provided for writing.

Draw & Write

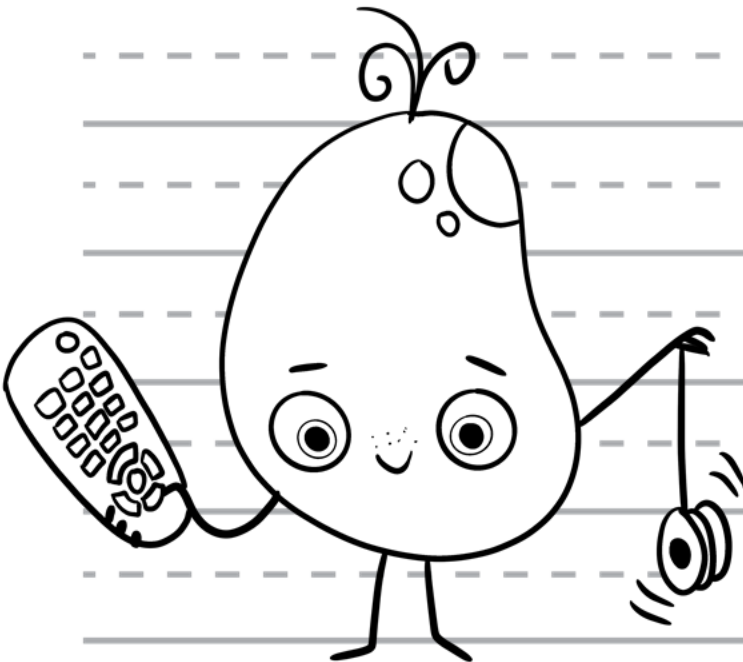


NAME: _____

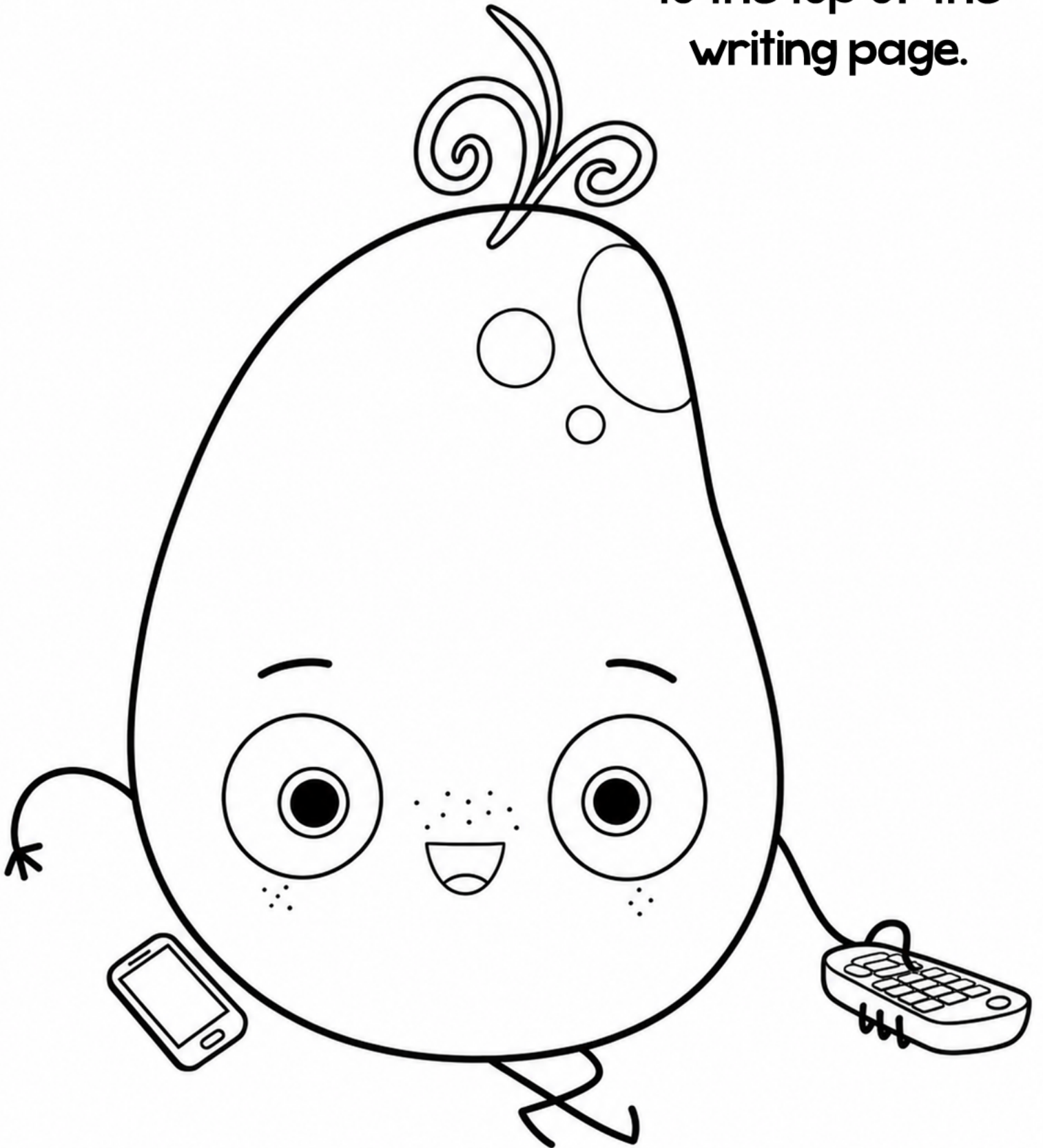
DATE: _____

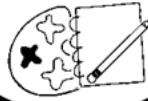
What are some signs that you have had too much screen-time?
How do you notice you feel when you have been on screens too much?

Handwriting practice area consisting of multiple sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.



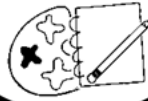
***Cut out and glue
to the top of the
writing page.**





**What are some activities that you
enjoy that are off screens?**

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines provided for writing.



What are some activities that you
enjoy that are off screens?

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated four times for writing.

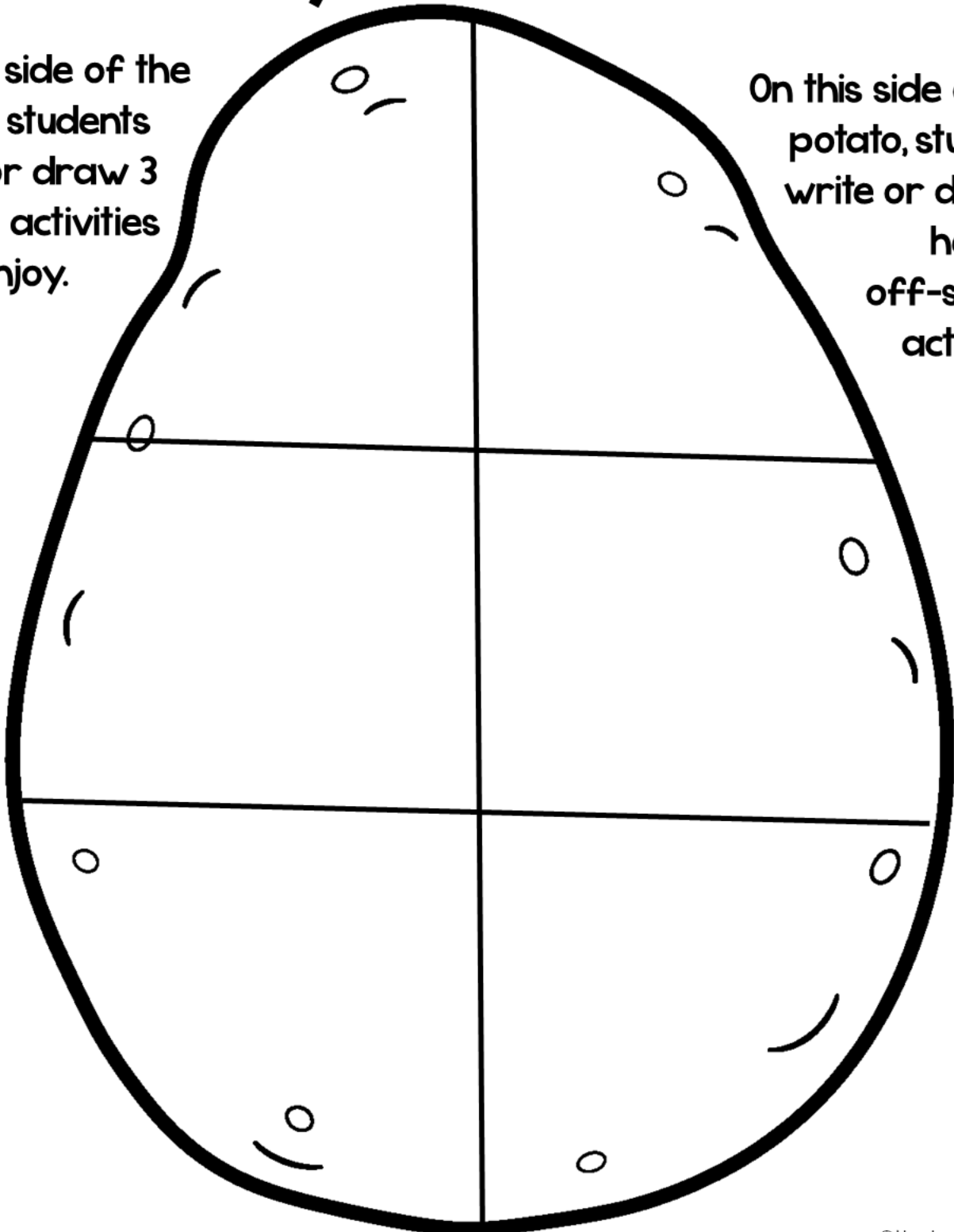


Don't be a COUCH POTATO

Find your balance!

On this side of the potato, students write or draw 3 screen activities they enjoy.

On this side of the potato, students write or draw 3 healthy off-screen activities.



By:

On this side of the potato, students write or draw 4 screen activities they enjoy.

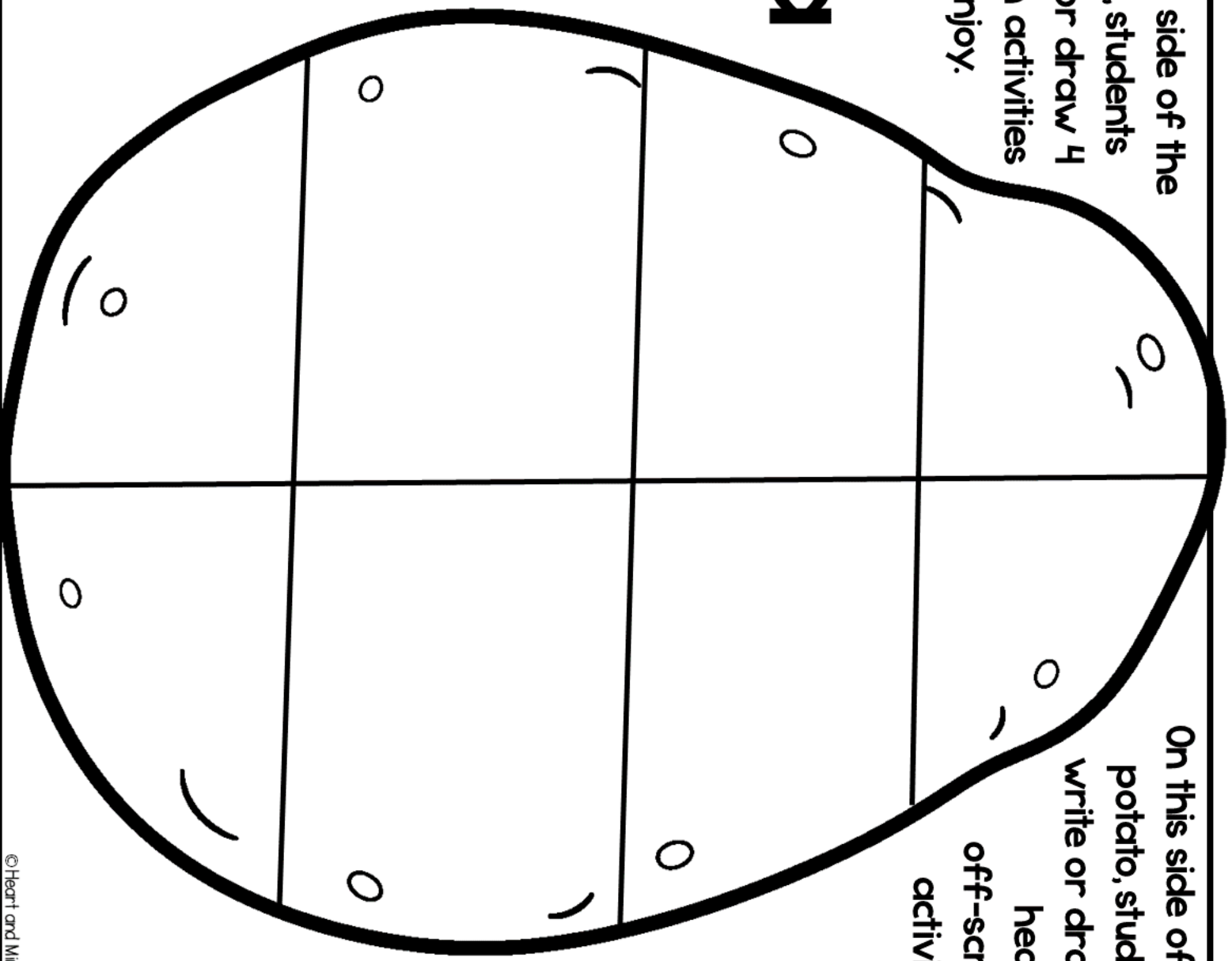
On this side of the potato, students write or draw 4 healthy off-screen activities.

Don't be a

COUCH

POTATO

Find your balance!



By:

I can balance

SCREEN TIME

by...

Playing
outside

Reading
a
book

Getting
exercise,
moving your
body

Exploring
nature

Playing
with
friends

Drawing,
writing,
paint,
create

Helping
at
home



Signs of too much SCREEN TIME



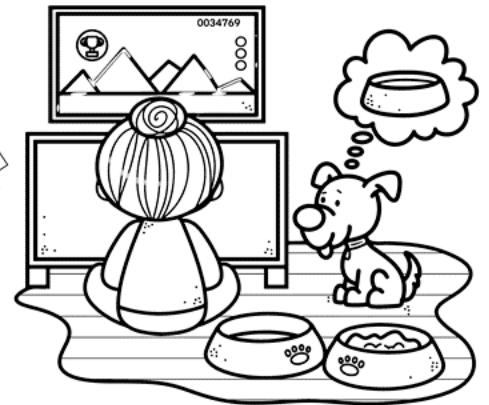
Feeling tired during the day, staying up late.

Choosing screens over other fun activities.



Not playing outside.

Forgetting homework or chores.

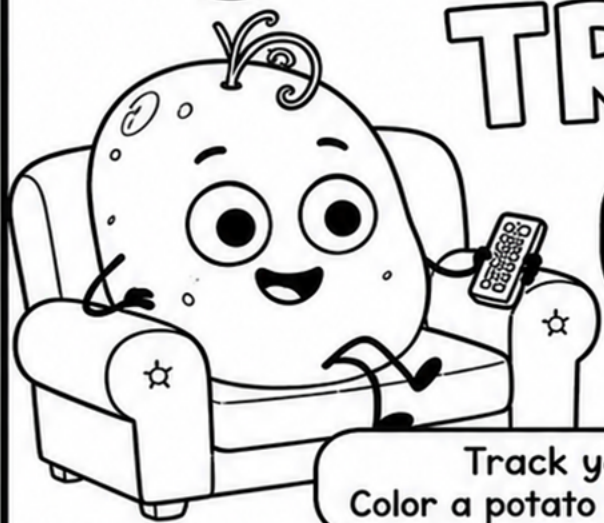


Feeling upset when tech is unavailable.

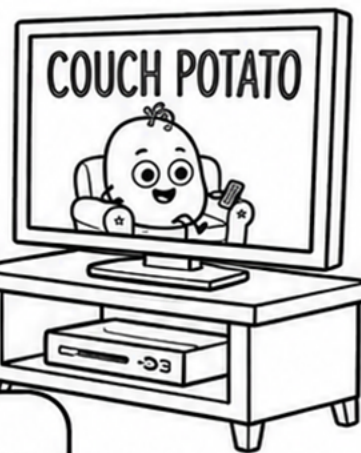
Sitting for long periods of time.



My SCREEN-TIME TRACKER



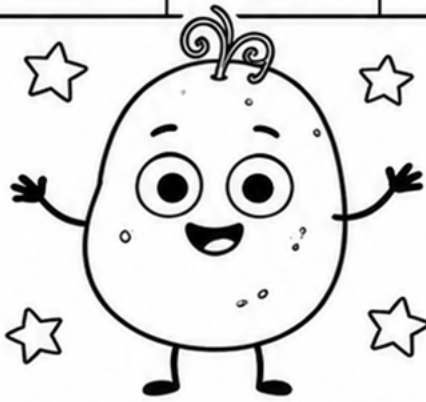
I can find balance!



Track your screen time each day!
Color a potato for each 30 minutes of screen time.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

My Daily Goal:
_____ potato(s)
(Each potato = 30 minutes)

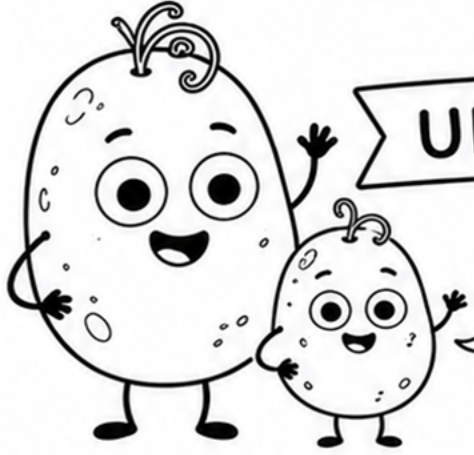


- I can balance my time by...
- ☆ Playing outside
 - ☆ Reading a book
 - ☆ Spending time with friends
 - ☆ Helping at home
 - ☆ Getting enough sleep

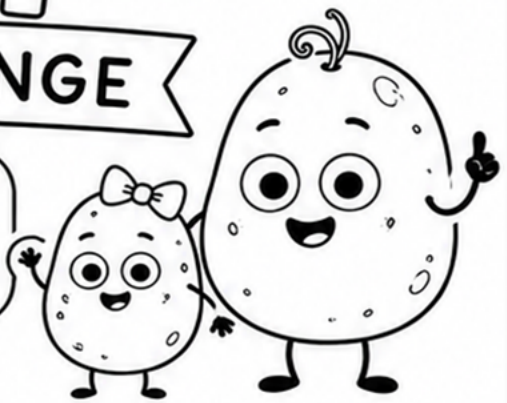
Great job! Small choices each day help you grow into a **HAPPY, HEALTHY, BALANCED** you!

THE "COUCH POTATO" FAMILY

UNPLUG CHALLENGE



Let's unplug and connect!
Spend quality time together
as a family—away from screens!

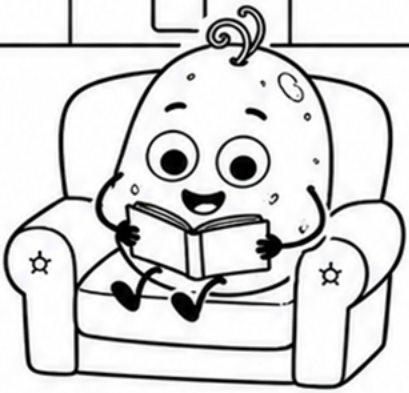


Our Family Challenge:
We will unplug from screens and spend more time together!

| DAY | CHOOSE TO UNPLUG for quality time | WE DID IT! (Check) | WHAT WE DID TOGETHER (Write or draw) |
|-----------|--------------------------------------|--------------------------|---|
| MONDAY | ☆ We choose people over screens! | <input type="checkbox"/> | |
| TUESDAY | ☆ We choose people over screens! | <input type="checkbox"/> | |
| WEDNESDAY | ☆ We choose people over screens! | <input type="checkbox"/> | |
| THURSDAY | ☆ We choose people over screens! | <input type="checkbox"/> | |
| FRIDAY | ☆ We choose people over screens! | <input type="checkbox"/> | |
| SATURDAY | ☆ We choose people over screens! | <input type="checkbox"/> | |
| SUNDAY | ☆ We choose people over screens! | <input type="checkbox"/> | |

 **UNPLUG IDEAS**

- ☆ Play a board game
- ☆ Go outside
- ☆ Read a book together
- ☆ Cook or bake something
- ☆ Do a puzzle
- ☆ Have a dance party
- ☆ Tell stories
- ☆ Create art
- ☆ Go for a walk
- ☆ Help someone



WE DID IT!

Color a star for each day you completed the challenge!

☆☆☆☆☆☆

Less screen time, more family time!
We're a happy, healthy, connected Couch Potato Family!



The Couch Potato

Where is Potato's favorite spot to slouch?

The couch

What does potato say is the most important thing in life?

To be comfortable.

What does Potato's setup consist of?

Tons of screens.

What happened when Potato plugged in his new device?

The power went out.

What did Potato do after the lights went out?

Took his dog for a walk.

What did Potato notice when he took a minute to sit outside?

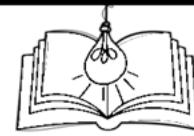
He stopped thinking about tech and noticed nature.

What did Potato start doing with his friends?

Playing with them in person.

What decision did Potato make about the couch?

To peel himself off the couch daily and go outside.



Put a checkmark on each action, determining if it is offering forgiveness or not.

Balanced

Too Much Screen Time

| | | |
|---|---|---|
| Plays a game, then rides a bike. | ✓ | |
| Watches videos all afternoon. | | ✓ |
| Uses a tablet for homework, then reads. | ✓ | |
| Stays up late gaming. | | ✓ |
| Spends the whole weekend on screens. | | ✓ |
| Watches one show, then helps cook. | ✓ | |
| Plays on a tablet during dinner. | | ✓ |
| Watches TV, then walks the dog. | ✓ | |
| Forgets homework because of phone use. | | ✓ |
| Chooses a tablet instead of recess. | | ✓ |
| Watches a movie, then plays a board game. | ✓ | |

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.

COMMUNICATION

DECIBELLA AND HER 6 INCH VOICE



HONESTY LESSON

A BIKE LIKE SERGIO'S



EMPATHY LESSON

STAND IN MY SHOES

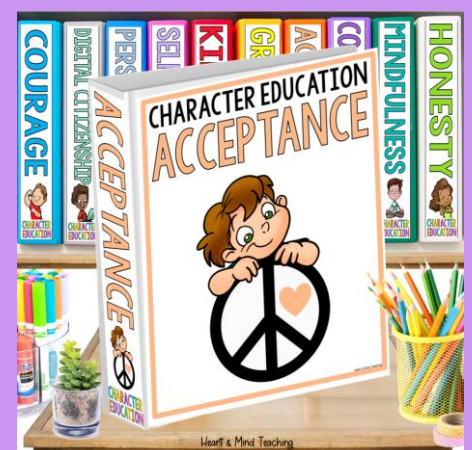


SOCIAL EMOTIONAL LEARNING

Social Awareness



CAREER TOWN



COUNSELOR Collab

with Laura & Ashley



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

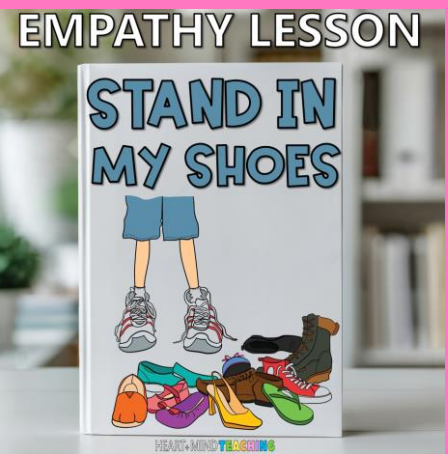
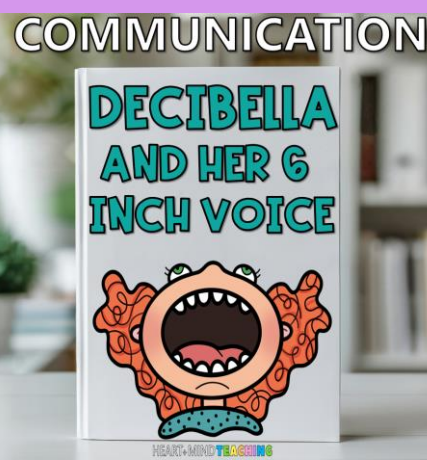
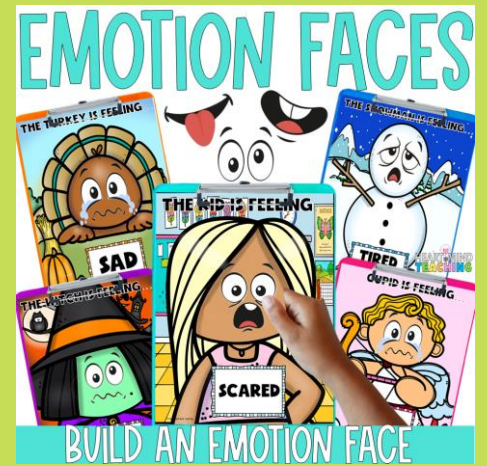
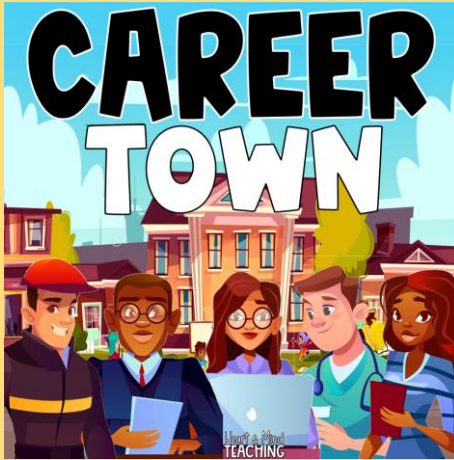
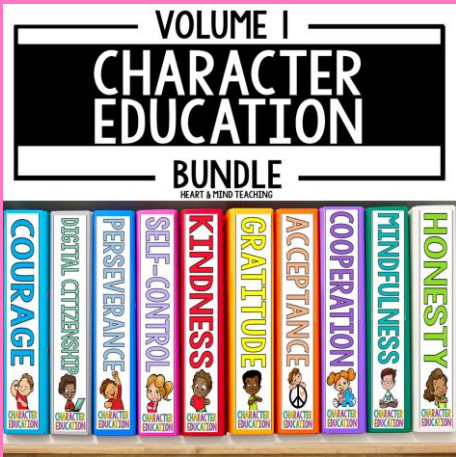
- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



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WITH LOVE
By a real Counselor

We think you're
going to love
these too!

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THE **CURRICULUM**
*YOU HAVE BEEN
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FOR



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Counselor Collab Prek-8th grade Membership

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heartandmindteaching@gmail.com

credits

