

Go Cold Turkey November

overview

Theme

Break the addiction.

Initiative

The holiday season is officially upon us! The next couple months are filled with cold air and warm emotions. Make the most of your time with family and friends by **prioritizing your relationships**, not your phone.

Make a **commitment to lower your phone usage** this month. If you aren't addicted to your phone, you won't reach for it while you're behind the wheel.

driving activity

Go Cold Turkey for Thanksgiving

Objective

Students will spend the day off their phones, participating in TLLM's annual tradition.

Overview

Thanksgiving means something different to everyone, but the best way to approach the day is with gratitude. The holiday is about being thankful for the positive things in your life, like friends and family. Staying present in the moment with the people you care about is essential to Living More, and a great way to do this is by staying off your phone. Each year, Team TextLess Live More chooses to "Go Cold Turkey" from our phones for Thanksgiving Day.

Introduction

- Discuss what it is like to have uninterrupted time with family and friends.
- If the entire day seems unrealistic for any students, have them come up with alternatives that still allow them to participate in the unplugging event.
- Examples:
 - Stay off social media for the whole day, but can send texts
 - Stay off phone completely during dinner
 - Only use phone for pictures
- If students really want to challenge themselves, have them choose a friend or relative they can give their phone to for the whole day so they won't be tempted.

Activity

Go Cold Turkey and stay off your phone for Thanksgiving Day.

- Have students write down some thoughts about unplugging and staying in the moment.
- How does unplugging feel?
- Did they feel like they needed their phone during this time?
- Was this a realistic goal?
- Next time you meet with students, talk about their unplugging experiences during the holiday.

wellness activity

Sleep Challenge

Objective

Students will set a sleep goal for the week.

Overview

Sleep is one of the most important parts of our lives, and most of us don't get enough! Especially in high school, it can be difficult for students to make sleep a priority when they have so many other activities and responsibilities. Although it might be challenging, getting enough sleep makes a big difference. It helps with cognition, energy, and overall well-being (much like hydration!). It is also critical to preventing drowsy driving. The goal for this week is to set a sleep goal and to stick to it. See what a difference it makes!

Introduction

- Discuss the importance of sleep with students.
- Ask each student how much sleep they usually get.
- Have each student set a sleep goal for the week.
- Remember, they should be realistic.
- Each person has a different sleep need, make sure students account for that and listen to their own bodies!
- In general, though, high schoolers probably think they need less sleep than they actually do.

Activity

Make a sleep goal for the week.

- Have students keep track of how many hours they sleep each night.
- If possible, have prizes for students who hit their sleep goal.