



It's Springtime!!! From your Elementary Library Media Specialists!

(click on each image for a link)

Have fun exploring this month's digital picks. This month, we take a different approach with our digital resources, emphasizing the moderate, responsible use of technology. Take some time to visit these online resources and discover some strategies to take charge of technology and its presence in your life.



<https://thefamilydinnerproject.org/>

See if this 4-week program can help you reclaim dinner time for family sharing. This website is filled with recipes, suggestions and resources and age-appropriate games to play during meal time.

Common Sense Media
#DeviceFreeDinner

<https://www.commonsensemedia.org/device-free-dinner>

Check out this website for great dinner time conversation starters and technology-free activities. Turn dinner into a time spent sharing rather than one competing with devices and distractions.



Recently, reports in the news have address the addictive nature of technology for children and adults alike. Visit the [Technology Addiction resource](#) page of Common Sense Media and explore questions according to different age groups. Find well-researched answers to concerns you may have about your child(ren)'s technology use - and maybe your own!



<https://www.getepic.com/>

Web-based, app for the iPhone and iPad. \$4.99 monthly subscription. Free for educators. Have instant access to thousands of ebooks for children without the inconvenience of waitlists. Scan and page through collections of fiction and nonfiction books.



See what all the excitement is about - [GoNoodle](#) website (free) turns movement into a game and makes it easy to be active, the kid way—silly, energetic, playful, and fun. Just press play on hundreds of custom-created videos and get kids running, jumping, dancing, stretching, and practicing moments of mindfulness.

Elementary Library Media Specialists

- Danielle Gostomski: Kerby, Mason, Poupard
- Amy Hermon: Defer, Maire, Monteith, Richard
- Sherry Martin: Ferry, Mason, Poupard
- Cheryl Quinlan: Defer, Maire, Monteith, Richard
- Rachel Walpole:, Ferry, Richard, Trombly

