

No Tech Fun Book



Introduction

We are girls from Girl Scout Troop 8005 in McKinney, Texas and this is our Girl Scout Bronze Award project. Like everyone else during this Covid-19 pandemic, we had a lot of screen time when we had to stay at home. We did school from home, played games when we are bored, talked with friends, watched TV, and had our Girl Scout meetings on Zoom.

When we started the new school year, we talked about how we have been feeling with all of these changes that we had since the pandemic started. We agreed we have spent a lot more time on technology than before Coronavirus and thought other kids have had more time too and it isn't good for mental health. That was when we got the idea to come up with things to help other kids that are off of a screen. We wanted to make a book that could be shared easily.

We realized you need to stay healthy, not just physically, but mentally healthy. This project is about how to get kids off technology and start doing more things like crafts, coloring and things that will get their interest instead of technology. It will also help them connect with their families off of a screen which will help their mental health.

For research, we interviewed 5 counselors to learn more about mental health by answering questions we came up with. We learned about empathy and feelings through the Girl Scout "Okay to Say" patch program. We loved role playing different situations and talking about how different people could have felt. We also liked the activity where we looked at pictures of people we know and decided what they were feeling in the pictures. Some made us laugh a lot but also we could connect with what they must have been feeling or what could have happened to make them look that way.

We each took part in this project over the last 5 months by working at home and in our workshop meetings. We met in person, and over Zoom to talk about everything. We interviewed 5 counselors through Zoom to learn techniques on how to stay mentally healthy. At home we created our pages, then added them to a group slideshow where all of our pages became this digital book helping improve kids mental health. We each spent over 20 hours interviewing, researching, creating and organizing this book. We hope you love it as much as we do and find some fun things to do with your families off of technology.

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This drawing by:

Nevina

Cover Drawing by:

Angelina

ACTIVITIES

Outdoor Activities to Stay Busy

- Chalk on the sidewalk
- Ride a bike
- Play tag
- Make your own game
- Fly a drone
- Run a mile
- Have a picnic
- Read a book
- Go on a bike ride
- See how many birds you can find
- Play basketball
- Paint
- Look for cool bugs or rocks
- Draw what you see
- Play hide and seek

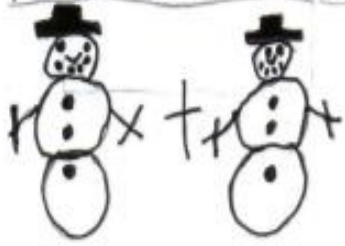
Workout To Stay Healthy

Do this workout 3 times a week to stay healthy and active

1. 10 burpees
2. 20 jumping jacks
3. 5 squats
4. 6 pushups
5. 1 min wall sit
6. 10 abcurls
7. 5 frog jumps
8. Run in place for 1 min

Math Facts

pre-k draw a line to the answer



$= 2$



$= 3$

Kindergarten
 $5 + 5$

$= 25$

$10 + 10$

$= 10$

$20 + 5$

$= 20$

2nd-3rd

5×10

$= 100$

10×10

$= 50$

5×5

$= 25$

4th-5th

100×15

$= 1,500$

$20 \div 4$

$= 5$

50×7

$= 350$

$3,500 \times 23$

$= 80,500$

5×3

$= 15$

allie

Breathing Techniques to Relax

1. Take your finger and draw a line to breath in for 4 beats.
2. Draw a line down to hold for 4 beats.
3. Draw a line over to breath out for 4 beats.
4. Draw a line up to breath in for 4 beats making a box in the air

How to stay *calm* when a relative in your house has Covid-19

- Try not to get overwhelmed
(If you do, talk to a parent, guardian or someone you trust)
- Think positive
- Tip: think about the fact that you might get a day off of school or two *dabs*
- Talk to your friend or a sibling and do something together
(I encourage you not play on the iPad and play with some toys)

P.S These things help me, so yay.

Jokes

- What time do ducks wake up?

Answer: At the quack of dawn

- What happens when a egg laughs?

Answer: It cracks up

- Why are ghosts bad liars?

Answer: You can see right through them

- What's the difference between broccoli and boogers?

Answer: Kids won't eat broccoli.

- What do you call a flower that runs on electricity?

Answer: power plant

- What do you get when a chicken lays an egg on top of a roof?

Answer: an egg roll

- What kind of shoes do spies wear?

Answer: sneakers

- What kind of button can you not unbutton?

Answer: a belly button

- What goes tick tock woof woof?

Answer: a watchdog



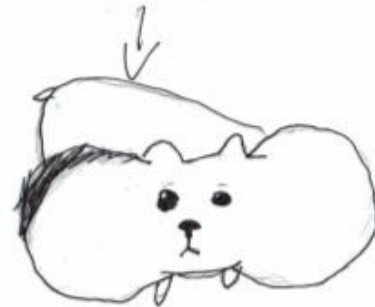
Faith M.

Meme

After a short walk
then they fall
into a long slumber!



After you come back
And then see
This.



Nora h B.

Meme

Coffee,....



I think it's Kicking
in.

Norah B.

Ways to Express Gratitude

One way to express gratitude is to write a good thing in a jar for every day, then when you have a bad day you can look back at those good days.

Another way that you can express gratitude is by finding someone that is special to you like your mom or dad and tell them 3 good things that happened in your day.

Another way to express your gratitude is to make a journal and each day you can write every thing that happened in your day that was good.

Lily m.

RECIPES

How To Make A Strawberry Smoothie

Ingredients:

Yogurt

Water or milk

Ice

Strawberries

1. Put all ingredients in blender
2. Mix in blender until smooth
3. Pour in a cup and enjoy :)

Brookie (Brownie & Cookie)

Brookies (Chocolate Chip Cookie and Brownie Bars) A homemade decadent chocolate brownie and chocolate chip cookie all in one! A brownie and chocolate chip cookie just got married. The best dessert bar!

Prep Time 20 minutes **Cook Time** 25 minutes **Servings** 20

Author Modern Honey - www.modernhoney.com

Ingredients

Brownie Layer:

- 3/4 cup Butter (softened)
- 1 cup Sugar
- 1/3 cup Brown Sugar
- 2 large Eggs
- 1 teaspoon Vanilla
- 1/2 cup Unsweetened Cocoa Powder
- 1 cup Flour
- 1/2 teaspoon Baking Soda
- 1/4 teaspoon Salt
- 1/2 cup Chocolate Chips (optional)

Ingredients

Chocolate Chip Cookie Layer:

- 1/2 cup Butter (softened)
- 3/4 cup Brown Sugar
- 1/4 cup Sugar
- 1 large Egg
- 1 teaspoon Vanilla
- 1 1/4 cups Flour
- 1/2 teaspoon Baking Soda
- 1/2 teaspoon Salt
- 1 cup Chocolate Chips
(plus milk chocolate chunks to sprinkle on the top)

Instructions

Brownie Batter:

- Preheat oven to 350 degrees. In a large mixing bowl, cream together butter, sugar, and brown sugar for 3-4 minutes or until light and fluffy. Add eggs one at a time, mixing well after each addition. Add vanilla.
- Stir in cocoa, flour, baking soda, and salt until mixed together. Fold in chocolate chips. Pour into 9 x 13 pan and spread evenly.

Chocolate Chip Cookie Dough:

- In a large mixing bowl, cream together butter, brown sugar, and sugar for 3-4 minutes. Add egg and vanilla and mix for 1 minute longer.
- Stir in flour, baking soda, and salt. Fold in chocolate chips. Drop spoonfuls of cookie dough on top of the brownie batter, evenly, to try to cover most of it.
- Bake for 24 to 28 minutes or until the edges begin to set-up. If you are using milk chocolate chunks, sprinkle on the top the last 5 minutes of baking time. Once the bars are baked, let cool before cutting. To make it easier to cut, place the bars in the freezer for 20-30 minutes.

Zily m.

Pumpkin Bread

Ingredients

3 ½ c sifted all purpose flour
2 tsp baking soda
1 ½ tsp salt
1 tsp cinnamon
1 tsp nutmeg
3 c sugar
1 c pecans or chocolate chips - optional
4 eggs
1 ½ c canned pumpkin (1 can)
1 c salad oil
2/3 c water

Topping - optional or cream cheese frosting

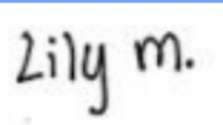
2 T. melted butter
2 T. sugar
½ tsp cinnamon

Instructions

Preheat oven to 350.

Stir together dry ingredients into large mixer bowl. Quickly add all remaining liquid ingredients. Mix only until dry ingredients are moistened. Bake 1 hour. Let cool 5 minutes in pans. Remove from pans & cool on wire racks. While warm, brush with butter and sprinkle with cinnamon-sugar mixture.

Yields: 2 9x5x3 loaves or
 1 9x5 & 4 small or
 4 small & 12 muffins



Lily m.

Easy No Knead, No Rise Soft Pretzels

Easy soft pretzels that are great to make with kids because there aren't complicated steps and are ready to eat quickly. You will be super popular if you make these!

Prep Time: 15 mins Cook Time: 15 mins Total Time: 30 mins
Servings: 20 small pretzels

Recommendation: Do one sheet at a time, as the first sheet will be done before you've finished shaping all the pretzels for the second sheet.

Ingredients

- 1 tablespoons instant yeast
- 1½ cups warm water
- 1 tablespoons honey
- 1 tablespoons salt yep, a tablespoon- they're pretzels, after all!
- 4 cups flour*
- 1 egg for wash
- salt for sprinkling kosher is best for the familiar "pretzel salt," but sea salt will do fine

Nutrition

Serving: 1 pretzel | Calories: 96 kcal |
Carbohydrates: 18.7g | Protein: 2.9g |
Fat: 0.7g | Saturated Fat: 0.1g |
Cholesterol: 8mg | Sodium: 527mg |
Fiber: 2.5g | Sugar: 0.9g

Instructions

1. Combine yeast, water, honey, and salt in the bowl of a stand mixer.
2. Stir in flour and mix until the dough cleans the sides of the bowl (a couple minutes). The dough should be smooth to the touch, and will stick only when pulling off pieces- as soon as you start rolling for the pretzel shape, it should not stick to your hands or surface (add just a touch more flour if you have sticking problems- I never have, though).
3. Start preheating the oven to 425 degrees.
4. Pull off pieces of dough (alternately, pat dough out and cut to get more even pieces), shape into letters, hearts, pretzels, animals, little bites, etc. and place on lined or greased cookie sheets.**
5. Mix the egg with a bit of water and brush all over the dough shapes, then sprinkle with some salt.
6. Bake for 15 minutes at 425 degrees.
7. Cool for a few minutes before taking the first fabulous bite! The leftovers (if you have any...) can be stored in an airtight container (or frozen) and reheated in an oven for few minutes before eating.

Chocolate Cake



Ingredients

- 2 cups of granulated sugar
- 1 $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 1 $\frac{1}{2}$ teaspoons of baking powder
- 1 $\frac{1}{2}$ teaspoons of baking soda
- 1 teaspoon of salt
- 2 large eggs
- 1 cup of buttermilk
- $\frac{1}{2}$ cup oil (vegetable or canola oil.)
- 2 teaspoons vanilla extract
- 1 cup of boiling water

Frosting Ingredients

- 1 teaspoon vanilla extract
- $\frac{1}{3}$ cup of milk
- 3 cups of powdered sugar
- $\frac{2}{3}$ cup unsweetened cocoa powder
- $\frac{1}{2}$ cup butter
- For a one layer cake use a 9 x 13 pan. Bake for 30-40 minutes
- For cupcakes use a cupcake pan and line up cupcake liners and bake for 22-25 mins

Ready in **40 minutes**

Serves **16 people**

383 calories

Faith M.

RECIPE

Chocolate Cake Continued

Preparation

1 - Preheat oven to 350 Fahrenheit 2 -

Grease and flour the pans

3 - In a large bowl add all the dry ingredients and mix

4 - And in another bowl add all the wet ingredients together and mix

5 - And then mix them together good but do not over mix

6 - Then add the batter in the pan and remember that the pan has to be greased or the cake will stick and crumble trying to take it out.

7 - Then put in the oven for either 30-40 mins or 22-25 mins.

8 - Then take it out the oven and let the cake stay in the pan for 5 mins.

9 - Then wrap in saran wrap and put it in the freezer for 10-15 mins.

10 - While the cake is in the freezer make your frosting by adding all the ingredients in and beating well until fluffy.

11 - Then take the cakes out the freezer.

12 - And then unwrap the cakes and you can enjoy frosting and eating.



M&M COOKIES

You won't want to miss these delicious M&M cookies!!!



Alana.S

M&M COOKIES

Ingredients

- 3 cups flour
- 1 tsp baking soda
- 1 cup brown sugar
- 1 cup chocolate chips
- $\frac{3}{4}$ cup sugar
- 1 tsp salt
- 2 tsp vanilla extract
- 2 large eggs
- 1 cup unsalted butter
- 1 cup M&M's

Directions

1. Get a mixing bowl out and add butter, brown sugar, and regular sugar. Stir thoroughly until crumbly texture.
2. After mixing add vanilla extract and eggs then continue to mix.
3. Next, add flour, baking soda, and salt mix until doughy consistency.
4. After mixing add chocolate chips and M&M's then blend.
5. Take a small handful of the cookie dough and roll into small balls, place them on a cookie sheet a few inches apart.
6. Once you have used up all the cookie dough, place in the oven for 8 - 10 minutes at 350 degrees Fahrenheit.
7. Enjoy your delicious cookies!

Ice Cream Sandwiches

Ice Cream Sandwiches with Shortbread Cookies Ingredients

- Girl Scout shortbread cookies
- strawberry ice cream
- Melting chocolate

How to make Ice Cream Sandwiches with Shortbread Cookies

Lay out half your cookies on a sheet pan.

Scoop out a tablespoon of ice cream onto each cookie.

Top the ice cream with another cookie. Place the sheet pan in the freezer for 10 minutes.

Melt your chocolate over a double boil.

Remove the sheet pan from the freezer.

Dip half of the ice cream sandwiches into the chocolate, place the sandwiches on a parchment lined sheet pan.

Place them back into the freezer for 5 minutes until the chocolate has set



Madison L.

How to Make Lemonade

Ingredients

- Seven lemons
- Sugar
- Hot water
- Cold water
- Ice

Steps

1. First, you slice six lemons in half then squeeze them into a pitcher
2. Second, add one cup of sugar
3. Third, add one cup of hot water
4. Fourth, stir until the sugar is dissolved
5. Fifth, add four cups of cold water
6. Sixth, add some ice
7. Seventh, use your last lemon and slice it up then you can add it
8. Finally, stir it all in

CRAFTS

How To Draw a Dragon

You will need

1. pencil
2. paper
3. colors (of your choice)

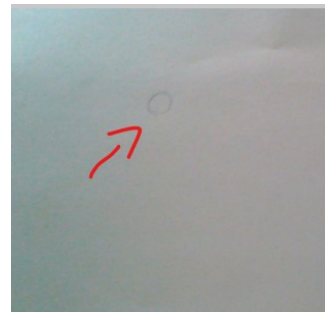
Steps

This will be a generic dragon that you can adjust and change.

1. Turn your paper for landscape.



2. At the edge sketch a circle the size is your choice it will be used as the head foundation (make faint)



3. Sketchout a head everything is your choice to customize



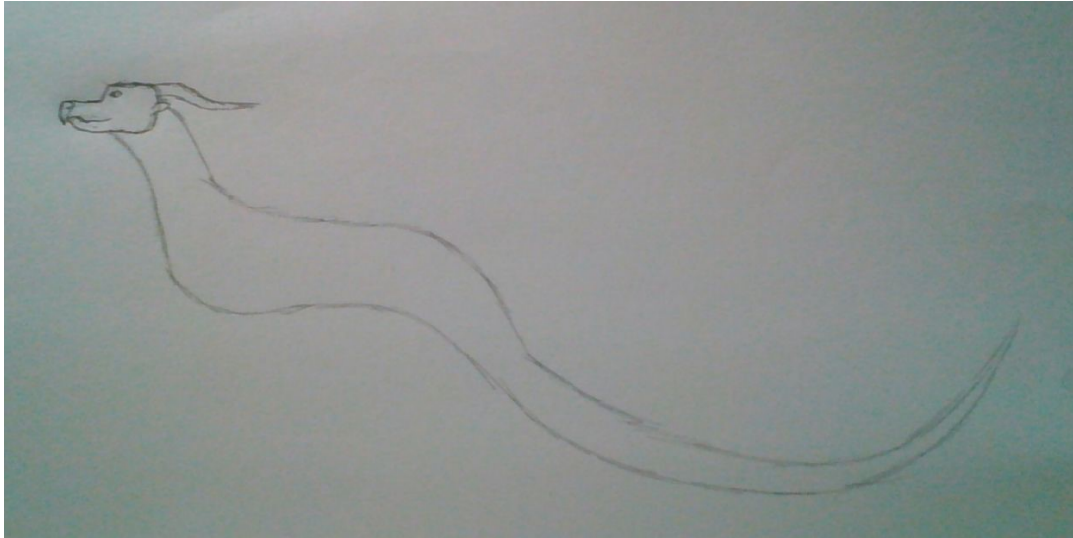
4. Carefully sketch a line that starts from in between the ear and horn, this will be the neck, back, and tail



Lillian

How To Draw a Dragon Continued

5. Draw a line that is similar to the top and curves to the last end



6. Draw 1 ovals where you want the front leg to start and do the same with the back leg

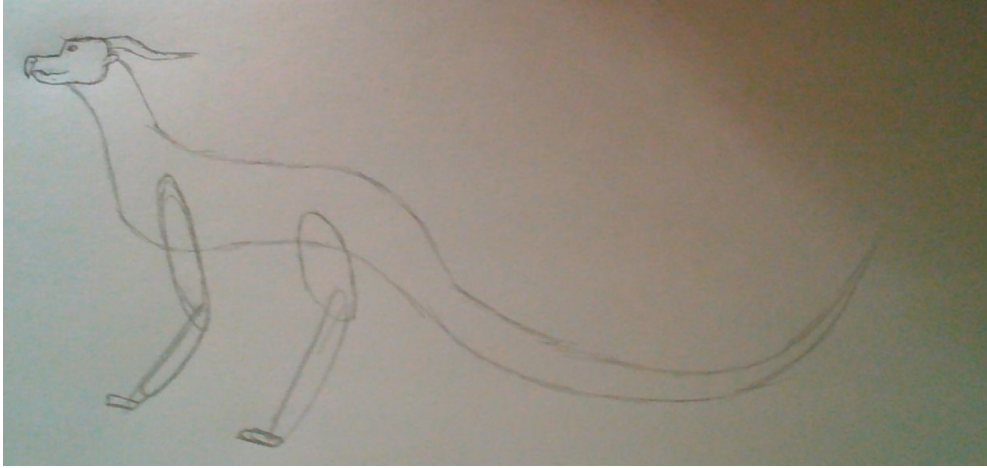


7. Draw 1 other oval under the original leg for front and back

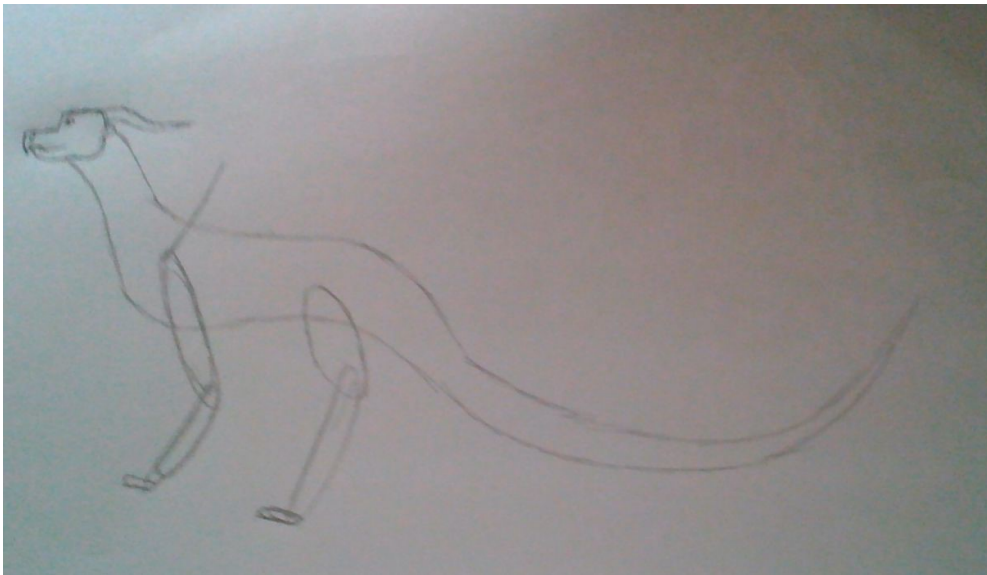


How To Draw a Dragon Continued

8. Now draw a rectangle where the legs end



9. You will draw a small line that stem from the top of the leg



10. Draw another line from the original that move away from it



How To Draw a Dragon Continued

11. Draw a curve and continue



12. Now come back and end short



13. Do the same thing 2 more times



14. Now make a parallel line to the wing coming down



How To Draw a Dragon Continued

15. Once you reach the curve make another wing finger



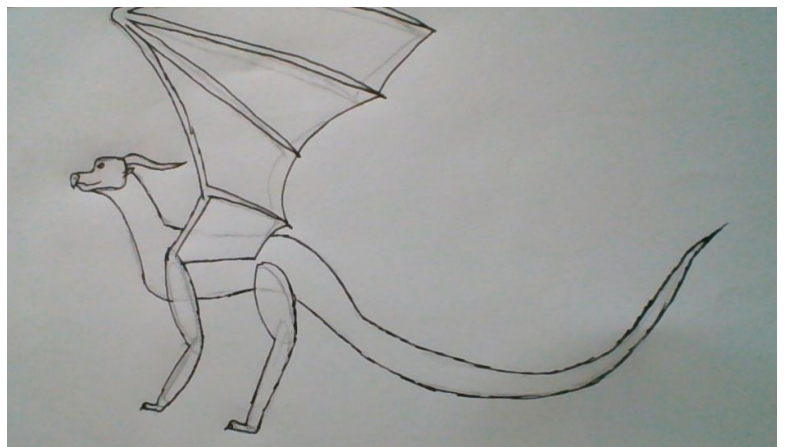
16. Now finish the wing



17. Draw lines that connect the wings



18. Now get a black pen and outline the pencil **look at my example first**



19. Let the ink dry and **carefully** erase the pencil and color it in.

- Lillian 20. **Then enjoy your art!**

Painting

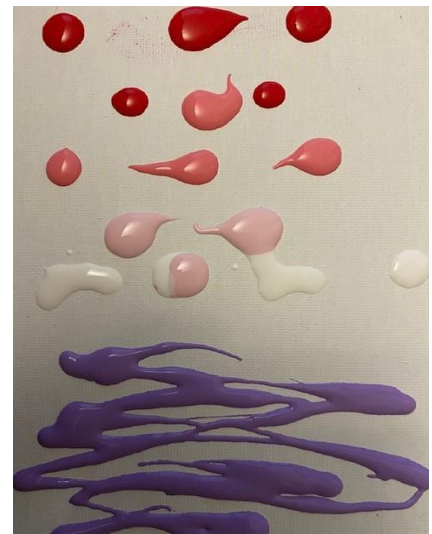
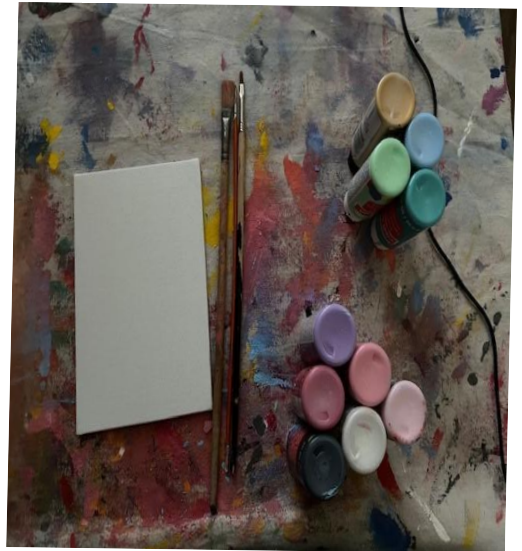
Hello I like to paint to get off the electronics and painting also gives me something to do when I'm bored. If you like art I think you would love to paint. Today I want to teach you to paint an acrylic pink sunset

You need these materials:

1. One paintbrush
2. Two skinny paint brushes
3. The acrylic paint colors red, hot pink, light pink, white, purple (not too dark), black and at least 3 colors of your choice
4. Lastly a small canvas

Now it's time to paint

1. set up your colors like this on the canvas
2. blend them together using the paint brush it should look something like this



Painting Continued

3. Let it dry
4. To make clouds dip a cotton ball in a little white paint
5. Gently dab it on the canvas to it should look something like this



6. Make an incomplete oval near the edge it should look like this



7. Complete the oval with a straight line and put two vertical lines under it



Painting Continued

- Put a box under it and draw a "X" in the box it should look like this



- Draw two halves of an oval it should look like this



- (optional) Draw something small in the middle

There you have it a pink sunset!



Drawing

DRAW YOUR OWN FACE

You can add color & hair

You can add a shirt & accessories



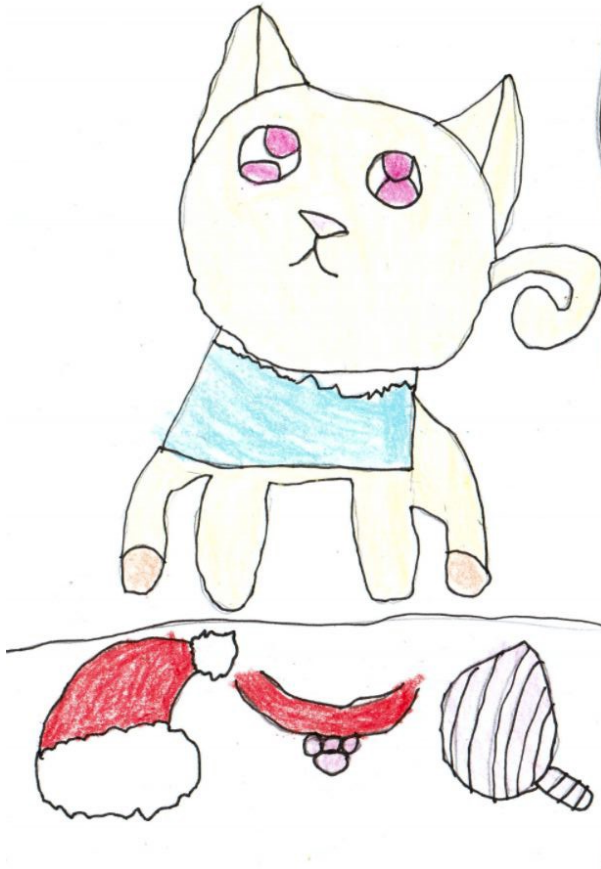
BY:AM



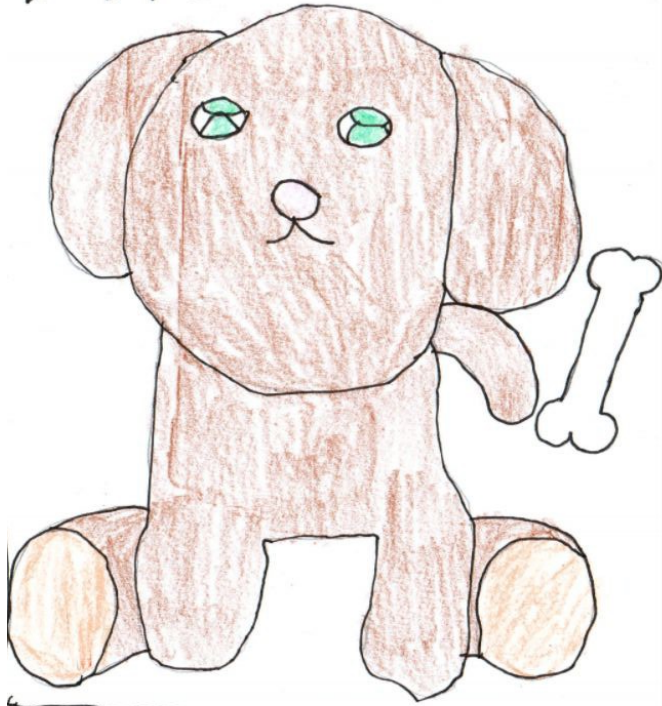
allie

Design a Pet

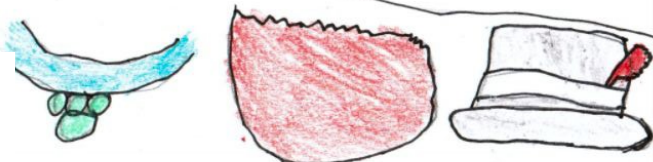
Design a cat



Design a dog



allie



Draw food + cat



Draw food dog

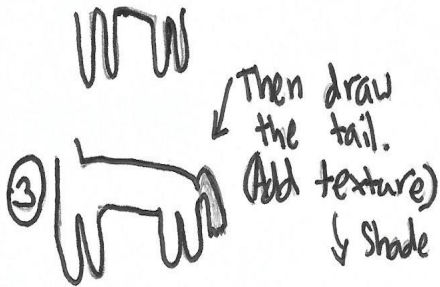
my example



allie

How to draw A Dog

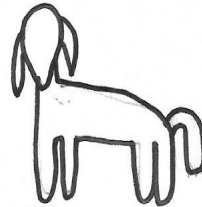
① draw the body. (legs)



② Then draw the rest of the body. (back)



④ Now draw its head and the ears.



⑤ Then its nose and mouth. (Adding art)



⑥ last draw the eyes and add color



Bigger Version
Down ↓ Here



Isabella

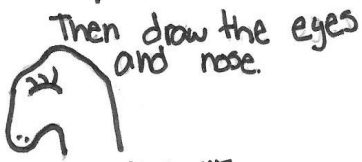
How to draw an Unicorn

First draw the head.

①



②



③



④



⑤



⑥ once you have the shape start to draw the mane/hair



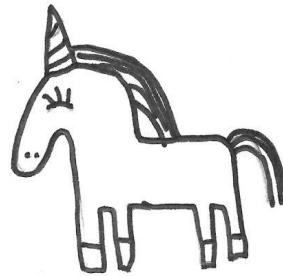
⑦ - Optional

You can add color or details to the unicorn.

Ideas



Bigger | version



How to make a friendship bracelet

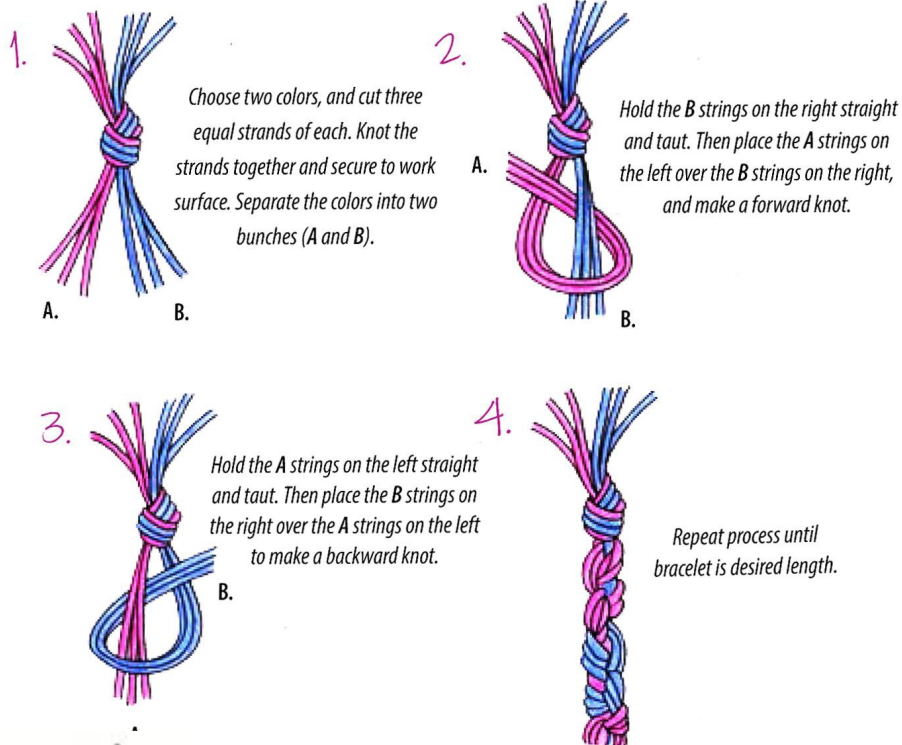
Supplies:

embroidery floss in a few colors

safety pin or tape

instruction sheet

DOUBLE KNOT BRACELET



Madison L.

How to Make Your Very Own Harry Potter quill

What supplies you will need for this craft

A pencil

Glue Stick

Paper

Scissors

Step one:

Fold your paper in half



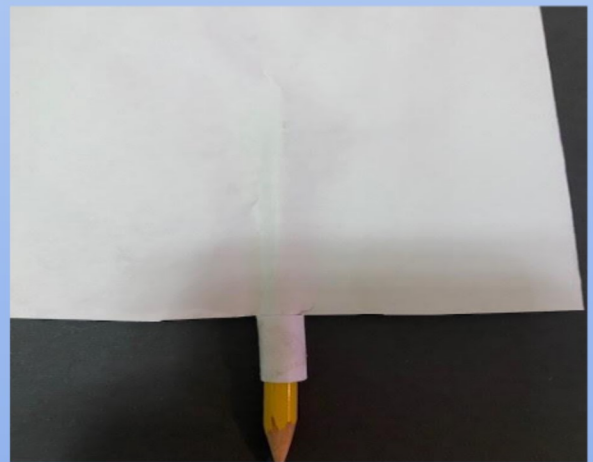
Step two:

Put glue all over the right side of the paper



Step three:

Put the pencil in the middle of the right side where you glued that page then put the other side on top of that and then crease it and it should look like this:



Step four:

Next cut a small piece right at the bottom and then put glue on both of them and choose one and wrap it around and do the same with the other shown below



Step five:

On the rest of the paper cut out the shape of a feather like shown below:



Step six:

The last step is you need to make your fringes on your feather so it can look like a quill like shown below.

How to Make a Mask

and you don't have to sew it.

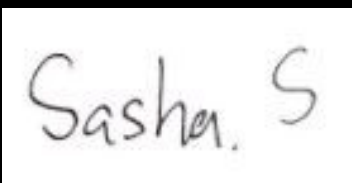
Materials

- Hair band
- A bandana

Steps

1. Fold the bandana into quarters lengthwise
2. Pull bandana through hair bands
3. Fold ends in and tuck in to each other
4. Loop headbands around ears to wear

Then bam shlam you now got a mask!



GAMES

Word Search

Outdoor Activities

D	S	I	E	L	A	G	U	G	P	L	K	T	V
R	U	N	N	I	N	G	K	D	A	R	D	E	O
B	N	A	Y	A	S	L	B	W	I	D	N	W	L
T	V	S	S	W	D	I	L	A	N	A	U	G	L
A	E	O	E	A	L	L	G	R	T	S	O	N	E
L	V	F	U	Y	B	I	K	E	I	K	R	I	Y
K	U	T	W	A	L	K	G	T	N	G	G	D	B
I	B	B	I	B	W	C	O	O	G	N	Y	A	A
N	I	A	W	K	C	I	R	O	R	I	A	E	L
G	E	L	I	F	I	L	N	C	Y	W	L	R	L
U	D	L	D	G	L	I	O	S	N	A	P	Y	L
N	T	E	D	I	S	T	U	O	D	R	S	L	O
E	B	A	S	E	B	A	L	L	G	D	L	N	L
S	D	N	E	I	R	F	L	V	L	U	O	N	B

DRAWING
PLAYGROUND
VOLLEYBALL
WALK
BIKE
OUTSIDE
SOFTBALL
SCOOTER
RUNNING
TALKING
PAINTING
BASEBALL
READING
FRIENDS

Julie A

GAMES

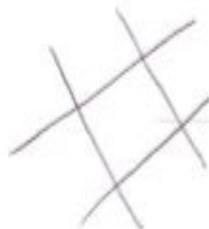
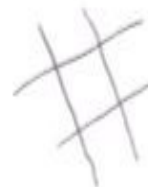
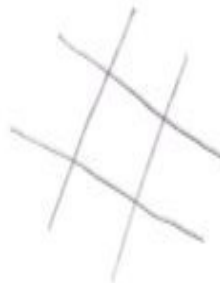
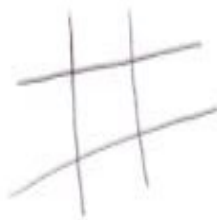
Tic-Tac-Toe

How to play: Try to get 3 X's or 3 O's in a row and take turns. Print out this paper and have fun!

Alana.S

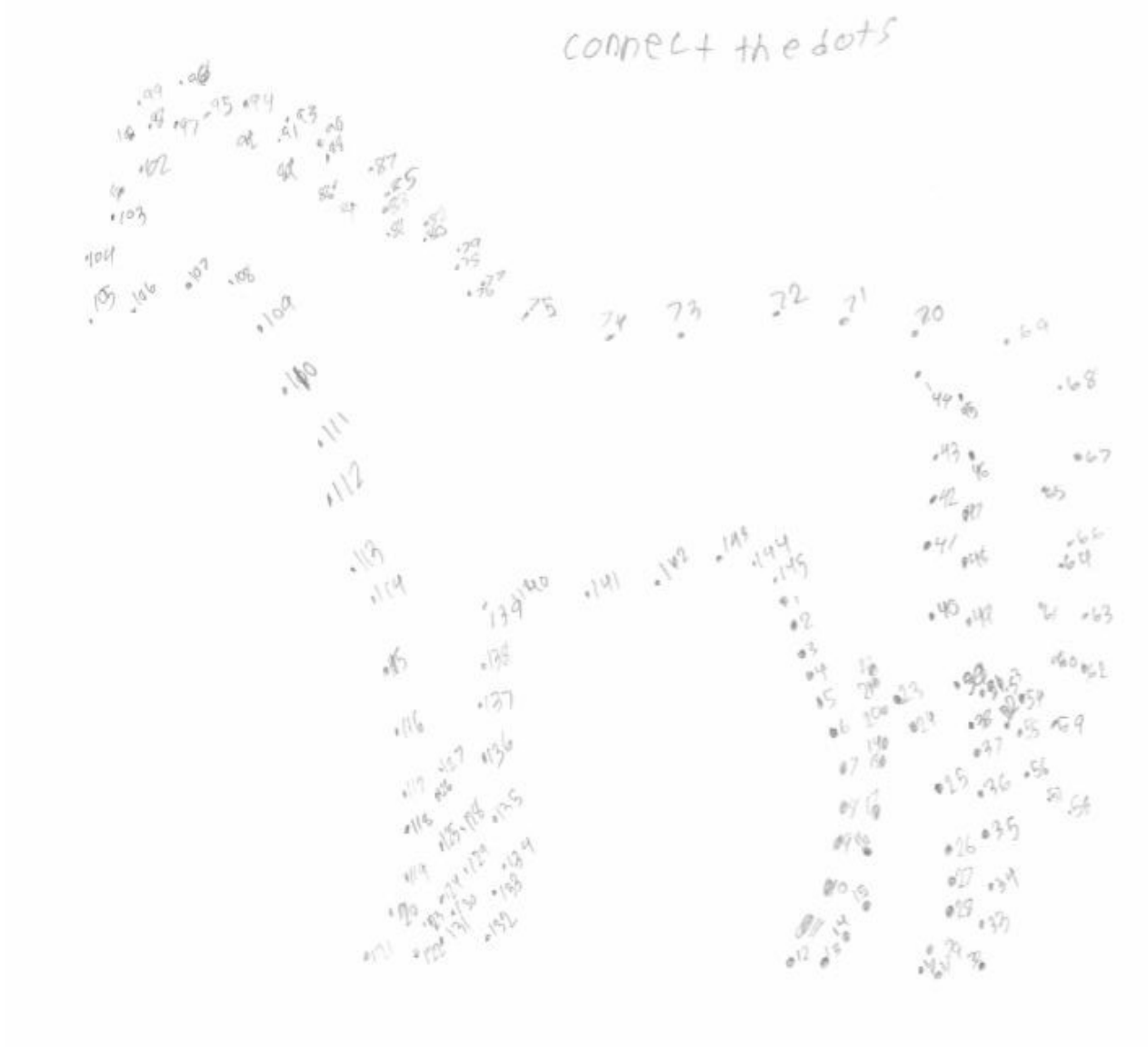
Games

Tik tack toe!



Emilie A.

Games



Julie A

GAMES

Floor is Lava

How to play: Put pillows on the floor and try not to touch the floor, play it with a friend or sibling and do whatever you can to not touch the floor.

Rules: Don't touch the floor and don't break anything.

Scavenger Hunt

- TV remote
- Spoon
- Face Mask
- Pen
- Jacket
- Water
- Book
- Hairbrush
- CD
- Paper

Alana.S



Girl Scout Word Search

A	O	F	R	I	E	N	D	S	H	I	P	S	L
L	E	A	T	S	E	N	O	H	S	G	N	O	S
A	V	K	E	H	O	R	S	E	T	I	L	N	T
W	I	P	D	C	E	O	T	E	R	B	U	H	R
N	T	N	R	H	O	S	W	B	O	S	F	E	E
C	A	B	F	P	D	O	A	P	O	E	T	I	S
T	E	E	O	D	D	D	K	H	P	R	C	I	P
R	R	N	A	O	G	E	D	I	O	N	E	H	O
C	C	C	S	E	T	R	N	K	E	N	P	R	N
A	S	L	S	I	I	H	D	E	R	S	S	E	S
R	C	U	P	D	R	N	E	S	A	I	E	D	I
I	P	R	O	M	I	S	E	H	E	A	R	A	B
N	S	E	R	K	S	B	R	I	P	S	I	E	L
G	B	R	A	R	I	N	P	M	A	C	S	L	E

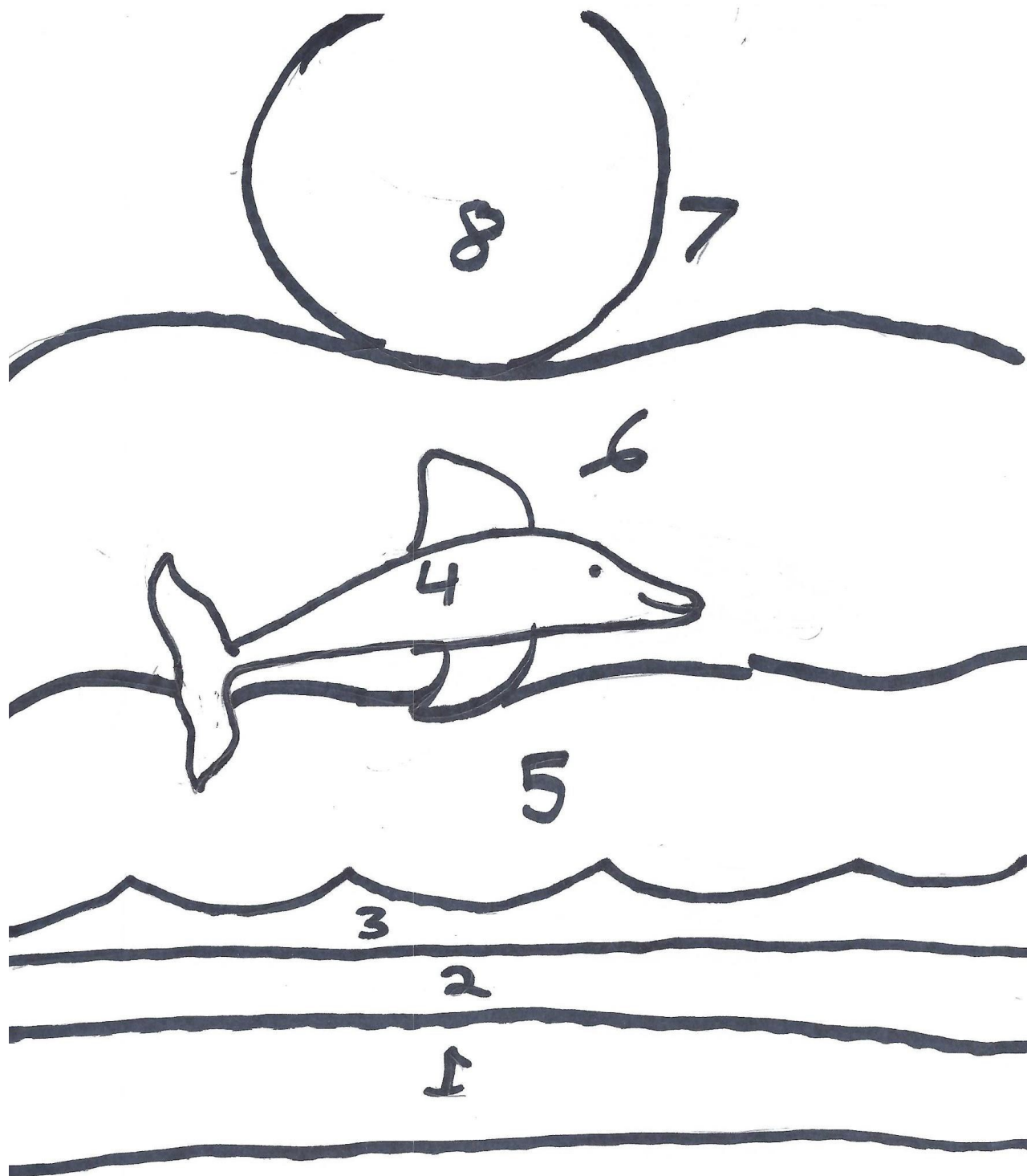
- CAMP
- KIND
- FRIENDSHIP
- BOOTH
- CREATIVE
- COOKIES
- RESPECTFUL
- PROMISE
- LAW
- CARING
- RESPONSIBLE
- LEADER
- BADGES
- HONEST
- HORSE
- HIKES
- SONGS
- TROOP

Play this puzzle online at : <https://thewordsearch.com/puzzle/1624564/>

Madison L.

COLORING

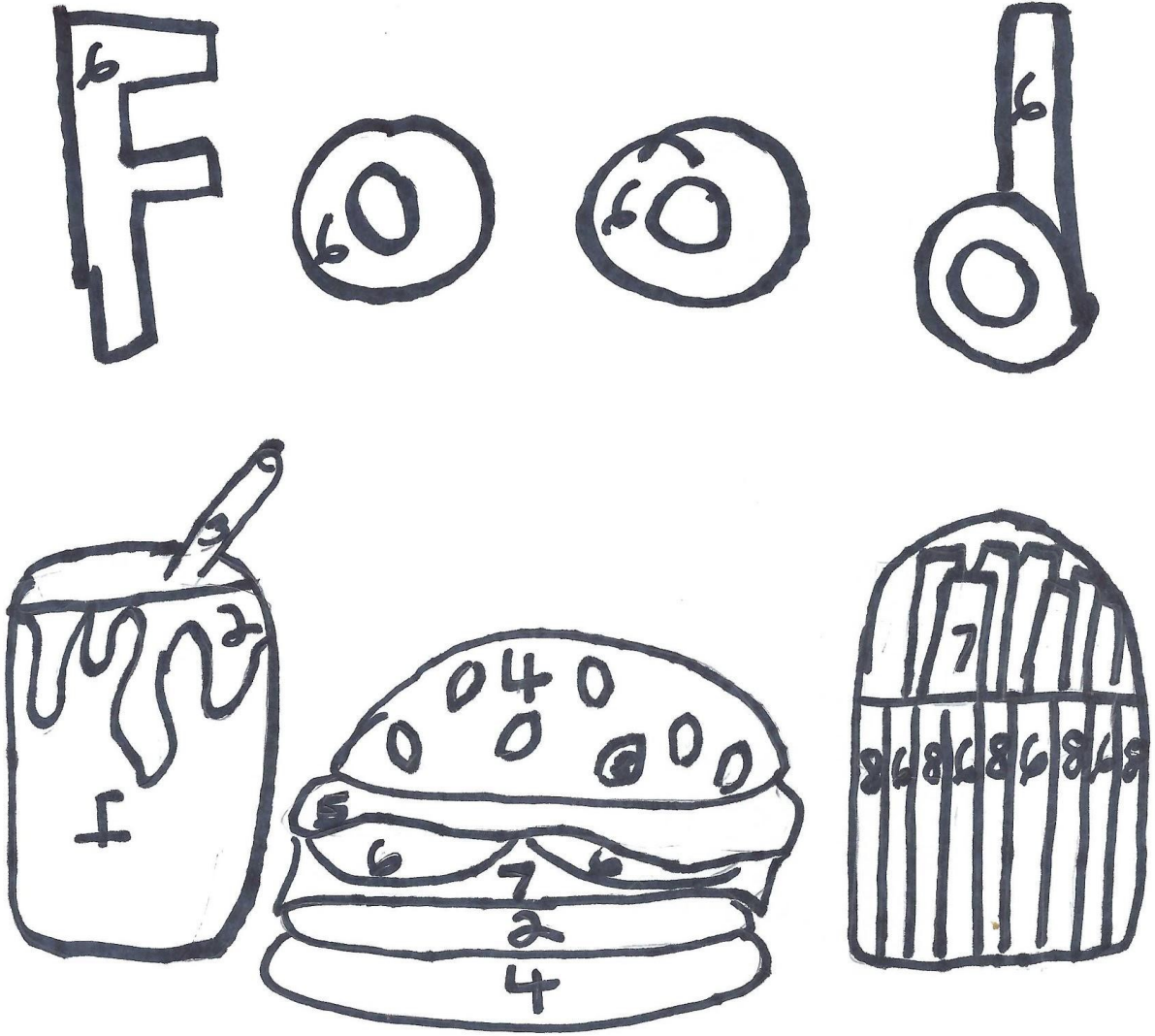
Color By Number



1 2 3 4 5 6 7 8 EASY

Angelina

Color By Number

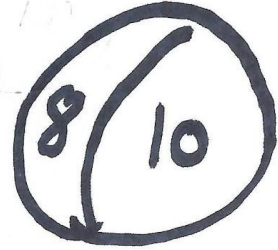
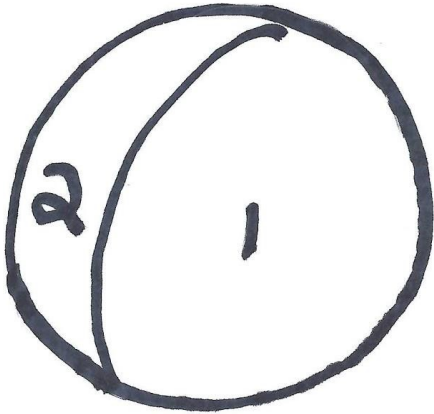


Medium

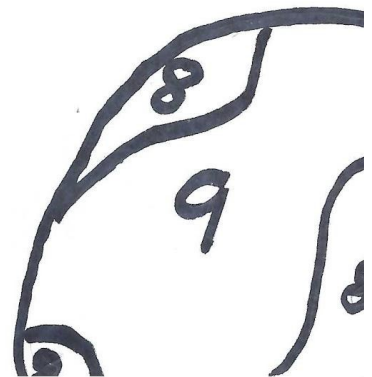
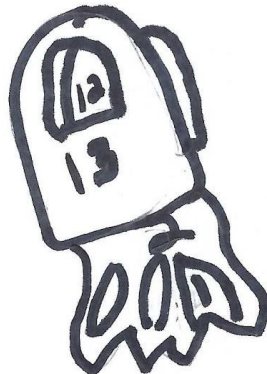
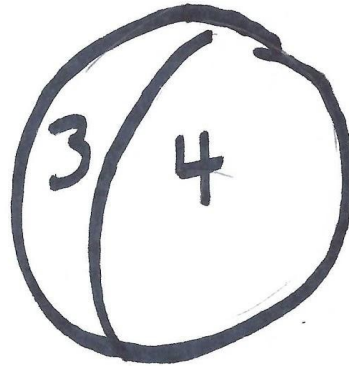
Angelina

Color By Number

1 2 3 3 4 8 9 7 10
11 12 13 14 Hard



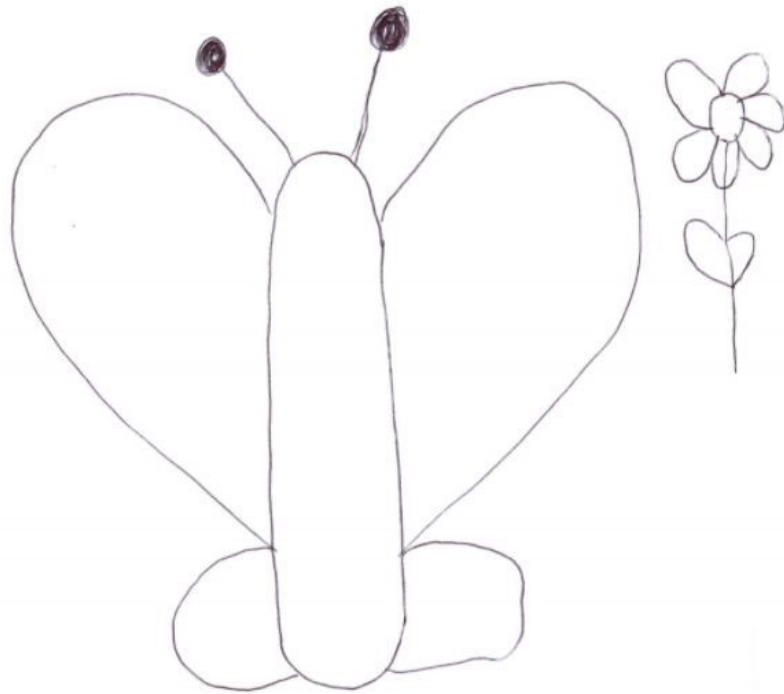
5



Angelina

Coloring

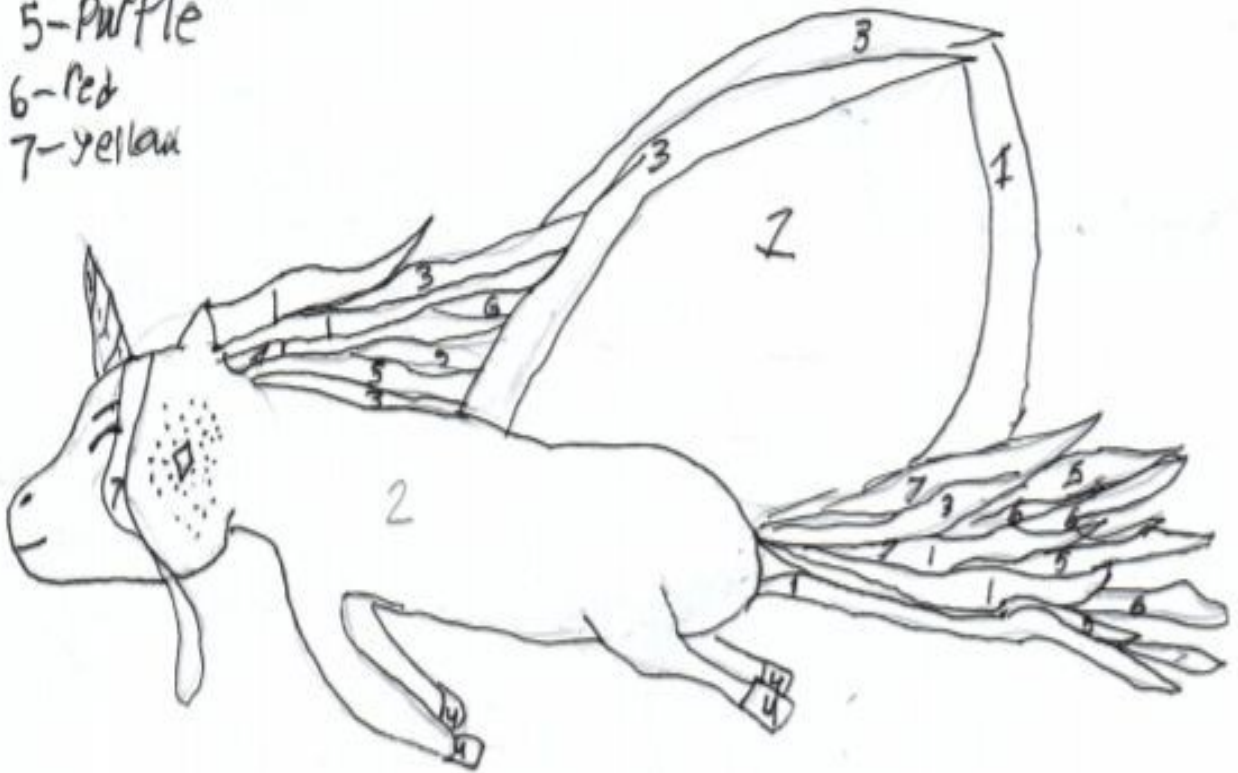
Color it in!



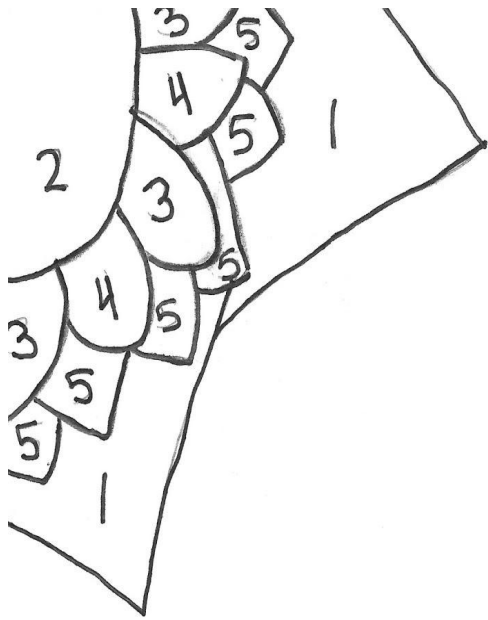
Emilie A.

Color by Number

- 1-Pink
- 2-White
- 3-Blue
- 4-Black
- 5-Purple
- 6-Red
- 7-yellow



Norah B.

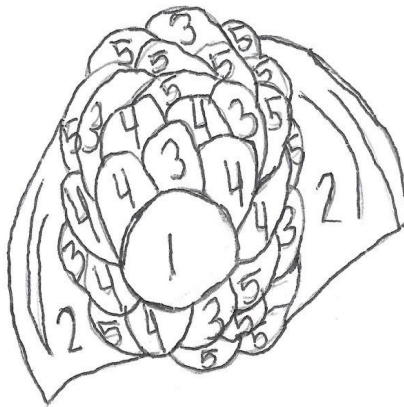


Drawing 1

- 1- green
- 2- yellow
- 3- pink
- 4- white
- 5- turquoise

Drawing 2

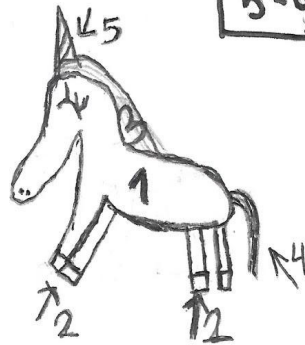
- 1- white
- 2- green
- 3- Pearl Pink
- 4- Purple
- 5- turquoise



Drawing 3

- 1- white
- 2- black
- 3- pink
- 4- blue
- 5- yellow

Pick from
3 drawings



Isabella

Color by Number

ABOUT US

About Us

Hiiiiiiii my name is **Soosha/Sasha** and I'm 10 about to be 11 and a fun fact about me is I play softball with some people in our troop and we play in Allen. My sister is also in this troop. I have 7 sibling but only 2 live with me and I have 4 parent. I'm in fifth grade and a lot of people in this troop are in my class.

Sasha S

My name is **Emilie** I like to play outside and watch movies like harry potter and star wars and lord of the rings. I have a sister named Julie. My favorite holiday is Halloween. I love smoothies I actually made my own recipe it is delicious that's why I made a page about it. I play softball so I love to work out and I made a workout I even tested it. I love to play outside so I made a page so that you could do the things I love to do. Have fun!

Emilie A.

My name is **Alana** and I am 12 years old. My favorite color is any shade of blue. I play softball with all my friends in Allen. I really love my friends and family. I have 7 siblings and but only 2 live with me. I also have 9 pets 6 are mammals or covered in fur, and 3 are reptiles.

Alana.S

My name is **Lily**. I chose to share some of my favorite recipes and crafts because I really love to cook and make crafts. It helps your mental health by focusing on something else other than what your stressing out about.

Lily m.

My name is **Julie**. I picked these pages because I thought they were going to be fun and I like some of them. I am 10 years old, my favorite color is blue, and I play softball. I did this project because it is fun and I got my Bronze Award.

Julie A

About Us

In the pandemic I was spending a lot of time on my screen, that's why the book we created was based on getting people off their screens. I enjoy drawing and coloring and I know a lot of people like it to. That's why I chose to make some coloring sheets, an easy level, medium level and a hard level for all ages. Coloring is a calming thing for me and I hope it is for you too! Love, **Angelina**

Angelina

Hi! My name is **Isabella**. I'm in 5th grade and 10 years old. This is my 5th year in Girl Scouts and I'm a Junior. A passion of mine is to get kids off of electronics because it's better try new activities and things instead of being on electronics. I would like to make a difference in others' lives. I hope you enjoy the activities I created.

Isabella

Hi my name is **Allie** and I'm in troop 8005. In my free time I like to play video games, but I also love to do things like drawing and playing with my friends. I created some pages for kids to color, as well as drawing faces and animals. I like drawing because it makes me calm and I can be as creative as I want because it's from my own mind.

Allie

Hi my name is **Faith** and I love baking so that is why I made a chocolate cake recipe. I also am crazy and funny so I made a little joke page and even though there is not a lot of jokes because you would laugh too much and it would take you all day if I put in a lot. If you don't like to bake that is fine, you can either skip it or learn how to and then you might enjoy it but that decision is up to you!

Faith M.

About Us

Norah B. - I am 11 years old. I have one sister and 4 brothers, and 3 pets. I love to play Roblox, play with my dog, and with my friends. During this project, I learned that I should play outside more than playing on computers, phones and screens. I chose my pages because I love funny things like memes, and I enjoy coloring and drawing.

Norah B.

Hi my name is **Madison** and I'm 11 years old, in 5th grade at Sonntag Elementary. My whole world is all star cheer and when that was taken away from me due to Covid-19 it was very hard on me physically and emotionally. I wrote these pages so kids would have something to do when they are bored to keep they body and minds active...and their hearts happy.

Madison L.

Hello, my name is **Nevina**. Currently, I am 10 years old and I'm in 5th grade. I enjoy sports like swimming, gymnastics and roller skating. Some of my hobbies are painting, swimming, playing outside, spending time with my family and eating I also have a dog. She is a girl and her name is Lyla.

Nevina

I'm **Lillian**. I wrote how to draw a dragon. The reason I wrote how to draw a dragon is because it is one of the things I'm good at. I hope you enjoyed drawing.

Lillian

A Special Thank You

We wanted to thank the people that helped us make this amazing book. We would like to thank the therapists and counselors who took their time to talk with us and taught us new techniques to stay mentally healthy.

We would also like to thank those who listened to our presentations or read through our book.

We hope these activities help you find creative things to do instead of getting on an electronic device.

Special thanks to:

Brooke Rodriguez, MS, LPC

Carrie Jackson, Scott Elementary School Counselor

Andrea Heston, M.S., LMFT

Ana Travis, Sonntag Elementary School Counselor

Michelle Monk, M. Ed, School Mental Health Lead for South Southwest MHTTC