

Name:

Section:



Date:

Score:



# Unplug From Your Phone for 3 Hours



Here is an experiment:

Put your phone away for 3 hours. No text messages. No calls. No reels. No social media. Nothing.

Disconnect from your phone entirely for 3 hours.

Pick a 3-hour block of time when you can deliberately go without your phone. This means putting it away in a place where you won't be tempted to check it.

Before you begin, make a brief plan: What will you do instead? Will you read, draw, take a walk, talk to someone, or simply observe your surroundings?

After the 3 hours are up, write a reflection on the following prompts:

- **Initial Thoughts:** How did you feel when you first set your phone aside? Were you anxious, excited, or curious?
- **During the Experience:** What did you do during those 3 hours? Did your attention shift in unexpected ways? How did it feel to spend time without notifications, social media, or instant communication?
- **Challenges:** What parts of the experience were difficult? Did you feel the urge to check your phone? Why do you think that is?
- **Insights:** Did you notice any changes in your focus, creativity, or interactions with others? What did you learn about your relationship with your phone or technology in general?
- **Afterwards:** When you got your phone back, what was the first thing you did? How did reconnecting feel?
- **Conclusion:** Reflect on how this experience might change how you use your phone in the future. Would you consider implementing regular "phone-free" times?

**Write 400 to 600 words detailing your experience.**



For more resources like this, visit [briantolentino.com](http://briantolentino.com)

