Charity Staudenraus

Prioritizing What Matters Resources

* [The smartphone in our pockets](https://www.city-journal.org/smartphones-privacy)
* Research - [screentime and lower psychological well-being](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6214874/)
* [Reduce screentime with Digital Curriculum](https://www.aeseducation.com/blog/ways-reduce-computer-time-your-classroom)
* [Want kids to focus? Take them outside!](https://breathingspacedc.com/want-your-kids-to-focus-take-them-outside/)
* [Mindful Schools](https://www.mindfulschools.org/)
* [Mindful Teachers](http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html)
* [Mindfulness in Education](http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html)
* [Alternatives to Screen time](https://health.clevelandclinic.org/12-healthier-alternatives-to-screen-time-when-kids-are-stuck-at-home-with-no-school/)
* [Why kids love building forts and why they need them more than ever](https://www.spokesman.com/stories/2020/may/24/why-kids-love-building-forts-and-why-experts-say-t/)
* [Process Grief over Covid-19](https://www.scientificamerican.com/article/to-process-grief-over-covid-19-children-need-empathetic-listening/)
* [Bibliography for my Digital Prisoners course - 8 pages of resources](https://drive.google.com/file/d/1z5MzvujphRDytetlj_aVBgQX--yAs1h2/view)