

# Ways to Have Fun Without Technology

By Alana Cohen



Be Active

Play Baseball





Ride a Citi Bike

# Go to the park



 Carl Schurz  
**PARK**  
Conservancy  
Working to  
Improve  
Your Park



# Read





Go Shopping

# Play a Board Game



# Go to the Beach







Go for a drive

These days, you look around and everyone is on their phone. People think that using their phone is great. Its really not, there are many ways to have fun without technology. There are also many reasons technology isn't good for you. Put your phone down and have some fun!

One reason why technology affects you negatively is by affecting your health. For example, I came home from school one day and went directly to my phone. It was almost without thought. I put my phone down to do homework, and went directly to it after. I had been using my phone all day and got a headache, the worst one I ever had. I had screamed and cried from the pain. That was a learning experience for me. Furthermore, *Edudemic* said, "Too much technology could take away emotion," They also said, "Too much technology could lead to obesity because of less physical movement." These caught my attention because these are very serious effects. You shouldn't risk your health to play that one last round of your favorite game.

Secondly, putting down technology can improve friendships. For instance, after softball, it was a beautiful sunny day. I had gone over to Jordyn's house and we spent a majority of the time on our phones. After some time passed, we decided we were going to go to the park. We left our phones at her house and set out for an adventure. We went to the Dog Park and looked at the adorable dogs; we played on the swings and ran around. We talked about our favorite activities and talking about this, made us closer. We now know many things about each other! Additionally, *The Muse* found that putting down your phone makes people talk to each other more. Also, the website [lifhack.org](http://lifhack.org) said, "Face-to-face interaction is better than using your phone." Think about how easy it is to make a switch.

Lastly, ditching your phone makes you relax more. According to *How To Get Focused*, “Putting down your phone helps you enjoy life.” Also, according to *Elite Daily* putting down your phone helps you live in the moment. I feel that there are many benefits to putting down your phone. As well, one day after I came home from camp, my mom and I decided to have a picnic in the park. It was sunny and a beautiful day. We walked along the promenade, tanned and we had a wonderful time. The only reason I remember this is because I lived in the moment. I wasn’t on my phone I was enjoying the lovely park. You only live once, don’t waste this time on your phone.

Overall, technology isn’t everything. There are many things you can do besides relying on technology to entertain you. Between being able to live in the moment, friendship and health, help yourself and put down technology!