

**I just read some articles about how technology affects our lives. I was shocked and a little sad to see how I have let technology control my life, as well as my children's.**

**This week I went away to see my mom; she lives in Mt. Dora, FL. I started the trip on a train with the kids (Julian 8, Tatiana 5) which were a great experience for us all. As I was packing, I noticed all the chargers I had in my bag: the phone charger, the laptop charger, the portable DVD charger, the Nintendo DS charger, the camera and the Leapster charger. 6 chargers for 3 people!!! WOW!**

**On the train ride there I let the kids play their electronics. Every time I would look out the window and tell the kids to look out at the scenery, I noticed they were so into their games that they missed a whole 5 hour train ride, which to me was very exciting, new and peaceful.**

**Once I got to my mom's house, I made it a point to put away all these devices. I noticed that I found it hard myself, because my mom had no internet, no satellite and no TiVo! (I actually had to watch the commercials rather than fast forward them). I noticed how I would get restless knowing I didn't have any of these commodities, and how much I was used to them.**

**So what did we do without the electronic gadgets? We went on nature walks. We played board games. We TALKED. We LAUGHED. We read books. We put on a talent show. We danced. We drew pictures. We sat at the table together for each meal. We listened to each other. We made up silly games and used our imaginations. We all even cuddled up in**

**bed and just HUGGED. It was a transformation, and it was a good one.**

**On our way back from a trip that was very different from any other, my kids told me this was their greatest adventure ever! I am all for technology, but definitely I will never let technology or any machine control me again. I will control them and remember to turn them off and enjoy LIFE!!! Thank you so much for helping me see this and I agree 100% on CEA's philosophy about technology at school. The children need to think, create, live and enjoy their childhood.**

**-Ana Catasus-Perez  
Pre-Primary teacher**