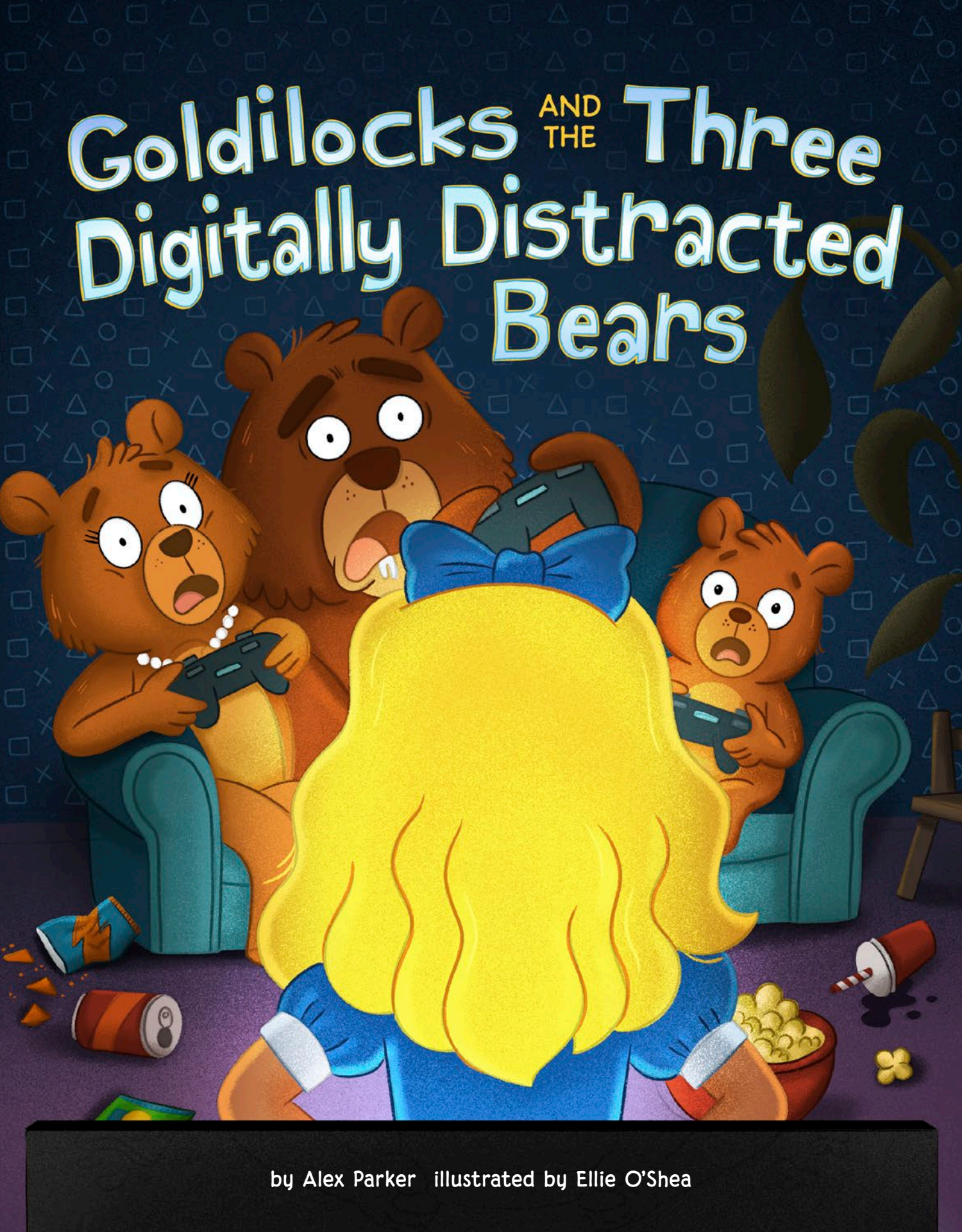

Goldilocks AND THE Three Digitally Distracted Bears
by Alex Parker illustrated by Ellie O'Shea

Words to Know

Before we "log in" to our story, let's learn a few important screen-smart words. These terms will help our fairy-tale characters (and you!) know when to pause, play, and look up.

game overload: when you play so long that you forget to eat, sleep, or even notice your friends calling

IRL (In Real Life): the world beyond the screen, full of cookies, kites, and tree-climbing fun

notifications: little dings and buzzes that try to grab your attention, even when you're busy doing something else

screen time: the time spent looking at a screen, like a tablet, computer, or phone

tech balance: using screens just enough, but not so much that you miss out on real-life adventures

For Review Only

Now, let's begin our tale . . .

Goldilocks skipped through the forest, excited to see her very best friends in the whole world—the Three Bears.

Ever since they got that new video game, they had been VERY distracted.



For Review Only



Goldilocks wore her best adventure boots and carried a basket of warm, gooey cookies—half chocolate chip and half honey crumble.

For Review Only

Goldilocks knocked.



She rang the doorbell.



For Review Only

She peeked through the mail slot.



For Preview Only

Nothing.

Then, she heard some colorful sounds.



For Review Only

Goldilocks looked through the window. There was no porridge on the table—just empty bowls and unopened honey jars.



For Review Only

Goldilocks pushed the front door open and followed the strange sounds.



For Review Only

She passed bedrooms, where the beds were made up all nice and tidy.



She followed the sounds to the back room and was SHOCKED by what she found!



For Preview Only

Goldilock's Tips to Disconnect

Set a Play-and-Pause Plan

Video games are fun, but if you forget to eat, sleep, or play outside, it's time to hit PAUSE.

Notice Real Life Notifications

If your tummy growls, your friend knocks, or the sun is shining, those are alerts worth noticing.

Make Time for IRL Adventures

Try going an entire day without screens. How many fun things can you do?

Talk About It

1. What were the clues that the bears were spending too much time playing their video game?
2. How was Goldilocks a good friend to the Three Bears? Could she have done anything else to help them?
3. Why is it important to spend time away from screens?
4. What are three things you can do that don't involve a screen?
5. How did the author mix in parts of the original fairy tale with this story?

For Review Only