



## CHAPTER NINE

### The 30-minute Challenge

In *The First Flame*, the Spark Riders make a promise: Don't open their Spark Notebooks for 30 days.



It isn't easy.

But something unexpected happens. The less they pay attention to their notebooks, the more they notice things that were right in front of them all along—a newborn lamb, a talking bird, gathering clouds, a tired grandmother, and a cat looking for a quiet place to have her kittens.

#### 1. Could You Do It?

What would be hardest for you to give up for one day?

Phone • Video games • YouTube • TV • Social media • Something else

My choice:

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Why would it be difficult?

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#### 2. Try It for 30 Minutes

Thirty days is a long time. Start with 30 minutes.

Put away your phone, tablet, computer, television, and video games.

Go outside, sit by a window, play with a pet, take a walk, draw, build something—or just look around.

**Write down three things you noticed.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### **3. What Would You Do Instead?**

If screens disappeared for an entire afternoon, what would you do?

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### **Think About It**

By Day Twenty-Nine, the Spark Riders realize something surprising.

It isn't the notebooks they miss. They miss each other.

What would you miss most if you couldn't communicate with your friends for 30 days?

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