

A vibrant illustration of four children wearing tall, red pointed hats, reminiscent of garden gnomes. They are playing in a field covered with yellow autumn leaves. On the left, a boy in a yellow jacket and blue pants runs towards the viewer with a joyful expression. In the center foreground, a girl in a teal dress and brown boots runs towards the right, also smiling. In the background, another girl in a green dress holds a red ball. On the right, a boy in an orange jacket and blue pants runs towards the viewer. The scene is bright and cheerful, with a soft glow around the text.

Spark: From Phones to Joy

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In Gnomewood Grove where the
sunshine would glow,
Spark played each day where the
daisies would grow.

Inside his head were ideas that ran,
he was the cleverest little gnome-man.

His parents would say, "Our Spark is so bright,
there are twinkling stars in
his eyes every night."

They bought him a cellphone, shiny and new,
and a computer that blinked and went
"beep-beep" too.

But then Spark sat all day with
his phone in his hand,
and played computer games till
night crossed the land.
He played all alone, day after day,
and his friends felt sad when he
stayed away.

But Spark didn't notice, he
stayed in his seat,
because screens never said,
"Come on, let's meet!"



The gnomes loved to play
games like cat-and-mouse,
but Spark wouldn't come
outside of his house.
Sometimes a friend came
to call at his door,
but Spark said, "No,
thanks," and played even
more.



One day, dark clouds came
rolling in tight,
the thunder roared loud,
and the windows shook
with fright.

Lightning flashed so bright
at night,
and rain poured down with
all its might.

The wind blew hard
through field and tree,
and pulled the solar panels
loose and free.



The power went off - not a
light could shine,
and Spark's cellphone battery
ran down in no time.

Spark sighed in the dark in
the house where he lay;
even his computer went
quiet that day.

"For days and days we will
work and we will sweat
to fix those panels," Spark
thought with regret.





Bored on his bed, Spark
heard a playful sound,
gnomes were running and
giggling all around.
One swung up high on the
playground swing,
while others spun round in
a dizzying ring.
“Perhaps they have
forgotten me,” Spark
thought with a sigh,
with a little tear that sat
in his eye.



Then Spark said, “No, I have had enough!
Being bored all day is really tough!”
He jumped from his bed with a quick little hop,
and popped his gnome hat right on top.
Outside, his friends called out his name:
“Spark! Spark! Come join our game!”



In the race, Spark fell behind
because exercise had not been on his mind.
He tried to kick the blue ball, but it rolled away,
because screen-time thoughts had
come to stay.

But with fresh air, climbing and running with glee,
Spark soon felt as quick could be.
His eyes shone bright, and his cheeks turned red,
and at night, he was sleepy and went
straight to bed.
His friends all laughed, "For long you were slow -
But now you are our Spark again, ready to go!"

When the solar panels shone
in the sun once more,
Spark thought less of
screens than he did before.
He'd rather play outside
with friends all day,
because sitting indoors just
got in the way.
Soon Spark was happy
again, like before,
laughing and playing more
and more.





Then his dad said, "Spark, you're only a child,
so live your days happy, playful, and wild.
Make good friends who will stay close to you,
and keep your body strong in all you do!"

The End