



Attention Parents

Join Us for Unplug & Play Day

This is an invitation to unplug your kids from all devices, leave them at home, and send them outside to play with their peers and make new friends

Dates: _____

Times: _____

Location: _____

Outdoor games we will facilitate: Tag, Hide & Seek, Freeze Tag, Simon Says, Mother May I, Red Light, Green Light, others

Bring Items to play with!

- Bikes
- Scooters
- Skates
- Balls
- Jump Rope
- Board Game

Benefits of Playing IRL Include:

- Emotional Regulation
- Practicing Noticing Social Cues
- Developing empathy
- Problem-Solving and Self-Control
- Developing Imagination & intuition
- Social Skills Essential for Life

Parents are also invited to unplug and connect in real life!
for more unplug ideas visit www.ScreenSmartFamilies.org

Questions? email: _____ phone: _____