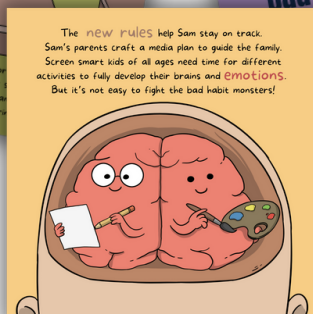
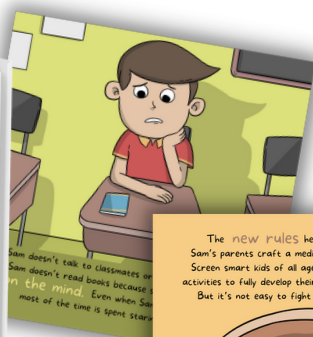
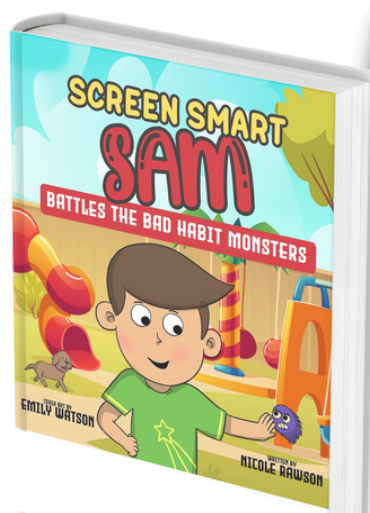


Join the **Global Day of Unplugging Challenge** with **SCREEN TIME CLINIC®** in **Rancho Santa Fe**

GLOBAL DAY  **March 3-4th 2023**
OF UNPLUGGING  **or any day you need a break!**

SCREEN SMART BINGO

Go to a dog park or take your dog for walk	Build or create something using Legos or blocks	Relax offline: Read a new book someplace new	Get Active Outdoors: Jump Rope with a Friend
Try Something New: Follow an audio meditation guide or stretch	Make a cartoon strip of your day at school	Visit the RSF Library - borrow new books & spend quiet time	Practice Focus Stamina: Do a coloring activity
Connect with Others: Play a card game like EyeConnect	Get Active Outdoors: Go for a walk around the block	Express Gratitude: Write a Thank You note to a teacher	Cook something new following a recipe by yourself or with a parent or buddy
Make a list of your favorite things to do or go offline	Reflect & Relax: Write a journal entry about a challenging day	Clean out your closet and donate items to resale or shelter	Find Pleasure in Low-Tech Tasks: Tidy up a desk, room, or car



<https://www.eyecconnectgame.com/>



<https://screensmartfamilies.org/day-of-unplugging>

