

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

**GLOBAL DAY OF UNPLUGGING** **March 3-4th 2023**

## SCREEN SMART BINGO

Make New Furry Friends: Go to yappy hour at the dog park	<b>Read a New Book: Visit the Rancho Santa Fe Library</b>	Relax offline: Read for an hour or more someplace new	<b>Get Active Outdoors: Hike Torrey Pines or Rancho Trails</b>
<b>Try Something New: Visit Rancho Coffee Roasters</b>	Go to a yoga class or guided meditation or group exercise	<b>Find Awe Offline: Visit the Garden Club of Rancho</b>	Practice Focus Stamina: Try a directed drawing activity
Connect with Others: Play a card game like <b>EyeConnect</b>	<b>Get Active Outdoors: Check out RSF Tennis Club &amp; Pickleball</b>	Express Gratitude: Write a Thank You note to a teacher	<b>Stroll Around Town: Window shop at a Third Bloom or treat yourself or someone else a gift</b>
<b>Plan Ahead &amp; Don't Post Pics: Unplug and Connect over Cocktails at Nick &amp; G's</b>	Reflect & Relax: Write a journal entry about best memories	<b>Gratitude &amp; Giving Back: Donate items to Hellen Woodward Resale Shop to support animals</b>	Find Pleasure in Low-Tech Tasks: Tidy up a desk, room, or car

## Sponsored by:



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



## Register for Prizes:

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

Contact for more info on seminars, coaching and events : [nicole@screeentimeclinic.com](mailto:nicole@screeentimeclinic.com)