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

GL®BAL DAY VÜNPLÜĞGING

March 3-4th 2023

SCREEN SMART BINGO

Make New Furry Friends: Go to yappy hour at the dog park	Read a New Book: Visit the Rancho Santa Fe Library	Relax offline: Read for an hour or more someplace new	Get Active Outdoors: Hike Torrey Pines or Rancho Trails
Try Something New: Visit Rancho Coffee Roasters	Go to a yoga class or guided meditation or group exercise	Find Awe Offline: Visit the Garden Club of Rancho	Practice Focus Stamina: Try a directed drawing activity
Connect with Others: Play a card game like EyeConnect	Get Active Outdoors: Check out RSF Tennis Club & Pickleball	a Thank You note	Stroll Around Town: Window shop at a Third Bloom or treat yourself or someone else a gift

Sponsored by:

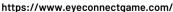




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www.unplugcollaborative.org















Register for Prizes:

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