

Join the **Global Day of Unplugging Challenge** with **SCREEN TIME CLINIC®** in **Your Neighborhood**

GLOBAL DAY OF UNPLUGGING March 3-4th 2023

SCREEN SMART BINGO	Make New Furry Friends: Go to yappy hour at the dog park	Build or create something using Legos or blocks	Relax offline: Read for an hour or more someplace new	Get Active Outdoors: Hike your local trail rain or shine
	Try Something New: Visit a different coffee shop	Go to a yoga class or guided meditation or group exercise	Find Awe Offline: Visit your local Science Museum	Practice Focus Stamina: Try a directed drawing 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	Stroll Around Town: Window shop at a small business or treat yourself or someone else a gift
	Plan Ahead & Don't Post Pics: Unplug and Connect over Cocktails at a Local Restaurant	Reflect & Relax: Write a journal entry about best memories	Gratitude & Giving Back: Drop off items to local shelter or Resale Shop to support the cause	Find Pleasure in Low-Tech Tasks: Tidy up a desk, room, or car

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



www.unplugcollaborative.org



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

Contact for sponsorship or more information: info@screentimeclinic.com