

Join the **Global Day of Unplugging Challenge** with **SCREEN TIME CLINIC®** in **Bangor, Brewer, & Surrounding Area Maine**

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

SCREEN SMART BINGO	Make Plans to go Skating at one of the Local Ice Rinks	Read a New Book: Visit the Bangor Public Library	Relax offline: Read for an hour or more someplace new	Get Active Outdoors: Hike Bangor City Forest Trails
	Try Something New: Try a craft activity or Paint a Picture	Go to a yoga class or guided meditation or group exercise	Connect Offline: Visit the Brewer River Walk with a friend	Practice Focus Stamina: Try a directed drawing activity
	Connect with Others: Play a card game like EyeConnect	Get Active Outdoors: Check out the Tennis Club & Pickleball	Express Gratitude: Write a Thank You note to a teacher	Stroll Around Town: Window shop or treat yourself or someone else to a gift
	Plan Ahead & Don't Post Pics: Unplug and Connect over Dinner Out at a Local Restaurant	Reflect & Relax: Write a journal entry about best memories	Gratitude & Giving Back: Donate items to Bangor Homeless Shelter	Find Pleasure in Low-Tech Tasks: Tidy up a desk, room, or car

Sponsored by:



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

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