

Unplugging Challenge

Tips for a Successful Day of Unplugging

Do you DARE to unplug? The "unplugging challenge" is a 24-hour break from technology. Since we often use our phones and computers to find resources, your day of unplugging might take some planning. Here is a guide to get you started.



PREPARE IN ADVANCE

Create a to-do list of things you would like to do on the day you unplug.

Check out our Unplugging To-Do List on page 3.



PLAN OUT YOUR DAY

What will you do in the morning, afternoon and evening? Is there anyone else unplugging with you? Are there things you can do together?

Check out our planner sheet on page 4.



DETERMINE RESOURCES

If you want to make a recipe make sure to print the recipe out or write it down. If you plan to workout plan out what exercises you want to do.

Avoid working from the couch or bed - when it is time to relax your brain might find it hard to shut off work thoughts.



REFLECT

Reflect on your 24-hours of unplugging. What did you like? What surprised you?

Try our reflection sheet on page 5 to get you started.



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Activity Ideas

The "unplugging challenge" is a 24-hour break from technology. Since we often use our phones and computers to find resources, your day of unplugging might take some planning. Use this idea list to get started. Use the "to-do list" page to make a plan for what you want to do and find the resources you need to complete those activities ahead of time. Most importantly, have fun and relax while "unplugging"!

- Read for 30 minutes.
- Play a board game.
- Play a card game.
- Clean your room.
- Help someone in with a chore.
- Do some art like paint or draw.
- Color in a coloring book.
- Declutter your room.
- Clean out your closet, are there clothes you can donate?
- Go outside for a walk.
- Spend time in nature.
- Visit a park.
- Listen to the radio.
- Journal about how you're feeling today.
- Ride a bike.
- Do a random act of kindness.
- Help a sibling with homework or an activity.
- Make up a game for you and friends/family to play.
- Make a healthy recipe.
- Track your mood as you unplug.
- Have a fashion show.
- Perform a play you made up.
- Write a poem or short story.
- Be active for at least 60 minutes (it doesn't have to be all at once).
- Try some mindfulness activities like a Mindful Minute, Better Breathing or muscle relaxation.
- Do a craft project.
- Try a fun and safe science experiment.
- Write a letter to someone and mail it.
- Try something new you've been wanting to try.



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To-Do List

Done?	Item Name	Notes



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Planner Sheet with Mood Tracker

Use this planner sheet to plan your day while you unplug!
 In the **Activity** column put the activities you plan to do. Be sure to consider how long you think they will take, 3-4 activities for each time of day is a good place to start. In the **Resources Needed** column write down what you will need to complete that activity like. While you unplug you can use the **Mood** column to track your mood.

ACTIVITY	RESOURCES NEEDED	MOOD
EVENING (NIGHT PRIOR)		
MORNING		
AFTERNOON		
EVENING		
NOTES		



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Reflection

Congratulations! By now you've completed a full 24-hours without technology and that's not an easy task. Let's take a moment to reflect on your last 24-hours without technology. Answer the following questions on this sheet, on a separate sheet or in a journal.

1. How do you feel now that you were able to unplug?
2. What were the highs and lows of your day?
3. If you tracked your mood, is there anything you noticed about your moods throughout the day?
4. Did you learn anything new?
5. Would you do this again? Why or why not.
6. How can you be more mindful of your technology use? Are there ways you can "unplug" more often?