



We Challenge You to Demonstrate Digital Wellness by joining us in our

# Unplug and PLAY

# Weekend May 26-28th, 2018

This Memorial Day weekend challenge yourself to unplug from digital technology for an hour, for a few hours, for a day or for the entire weekend, and then let us know about it.

## HOW TO UNPLUG

- **SIMPLY POWER OFF YOUR DEVICE**
- **MINIMIZE DISTRACTIONS - RESIST LOOKING AT SCREENS**
- **SILENCE NOTIFICATIONS - NO TEXTS, EMAILS, OR PHONE CALLS**
- **BE FULLY PRESENT WITH FRIENDS/ CLASSMATES**
- **PRIORITIZE WHAT IS REALLY IMPORTANT TO YOU AND SHOW IT**

## A FEW WAYS TO PLAY (YOU CAN THINK OF A LOT MORE)

**HAVE A BOARD GAME NIGHT** - what would you play?

**CREATE A FUN DESSERT** - what can you do with chocolate syrup or whipped cream?

**HAVE A PAPER AIRPLANE CONTEST** - best design? farthest or fastest flight?

**MAKE A CRAFT** - what can you do with construction paper, scissors and a glue stick?

**CREATE A SCAVENGER HUNT** - explore your neighborhood in a fun way.

**GO CAMPING WITH YOUR FAMILY** - enough said.

**PLAY THE FOREHEAD GAME** - put a person or thing on an index card on your forehead and ask yes or no questions to identify it.

**ORGANIZE A VOLUNTEER CLEAN UP** - beautify your school, or your town/city.

**COOK A MEAL TOGETHER** - share your favorite food or dish with friends and family.

**HAVE A STORYTELLING NIGHT** or **PLAY CHARADES**

THESE ARE JUST A FEW OF OUR IDEAS. DO YOUR OWN THING AND THEN SEND US AN EMAIL AT

**dc@gstbores.org**

**WHATEVER IT IS GET OUT AND HAVE FUN - LEAVE YOUR TECH AT HOME!**

**JOIN THE UNPLUG AND PLAY WEEKEND - MAY 26-28 2018 - LESS SCREEN TIME = MORE PEOPLE TIME**

**GST BOCES DIGITAL CITIZENSHIP INITIATIVE <http://dc.gstbores.org>**

**#I\_AM\_A\_DIGITAL\_CITIZEN**

