



**Saturday**

Have a discussion about what you’ve enjoyed about your unplugged time or have a family exercise night!

**Thursday**

Paint or sketch something in your house or take a neighborhood walk and then draw a map of it with sidewalk chalk!

**UNPLUG TO RECHARGE!!**

**For *one hour every day after dinner*, we’re encouraging you to spend time connecting with those around you during this time of social distancing to help improve mental and physical health. Visit Screenfree.org for more information and resources**

**Sunday**

Have a glow stick dance party or make a family obstacle course that everyone can try together!

**Friday**

Make lists of 10 things you’re missing and 10 things you’re thankful for during this time, or paint and hide rocks for fun!

**Tuesday**

Make and send cards to loved ones or go out for a nature walk and collect some interesting finds!

**Wednesday**

Have a family or phone book discussion, family bike parade, or hike or walk somewhere new!

**Monday**

Have a Game night or go out Bird Watching!!

Unplug from Screens and Devices

For One Hour Each Day After Dinner

**Golden Hour Unplugged**

**May 4 - 10, 2020**

