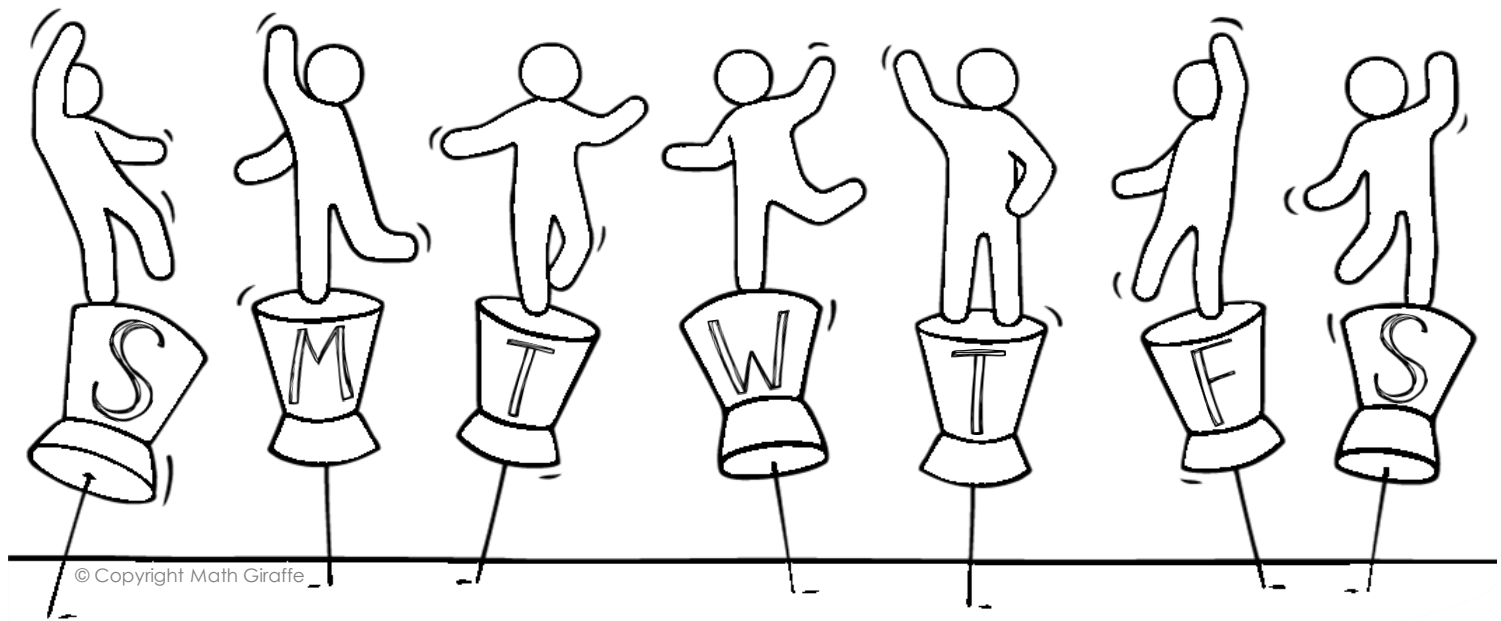




One week Screen-free challenge

- Read a book already in your house: any genre, any level.
- Play a board game.
- Talk a long walk.
- Call a grandparent or other family Member
- Buy a journal. Write for 10 mins.
- Write a list of exercises then do them! Get creative.
- Bake or cook something from scratch.
- Offer to help with dinner or dishes.
- Stretch while breathing deeply.
- Clean out a junk drawer.

- Organize a section of your bedroom, backpack, or car.
- Draw something for fun. Color it in.
- Deep clean your bedroom.
- List all the things, opportunities, and people for which you are grateful.
- Go for a run, even if it's your first time!
- Review content for a class you find difficult.
- Write a bucket list.
- Sit in silence for 5 minutes, deep breathing.



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Color for each day that you are able to successfully resist using technology (outside of the allowed exceptions). Use the suggestions around the border if you need help.

