



The 30-Day “Unplug & Play” Challenge

Directions: For 30 days, reduce your family’s recreational screen time (TV, tablets, phones, video games) and replace it with meaningful screen-free activities that support physical, mental, and emotional well-being. Using the color code below, color each day of the challenge with the color that matches the category of fun, screen-free activity completed.



Get Active! (Red)

Examples:

- Go for a walk or bike ride as a family
- Create an obstacle course inside or outside
- Have a dance party in the living room
- Try a new sport or movement game

Be Creative! (Blue)

Examples:

- Build something with Lego or blocks
- Draw or paint a family portrait
- Create a comic strip or storybook
- Make a homemade card and mail it to someone

Connect with Others! (Yellow)

Examples:

- Play a board game together
- Call or write a letter to a friend/family member
- Cook a meal or bake together
- Complete a random act of kindness

Enjoy Nature! (Green)

Examples:

- Go on a nature scavenger hunt
- Visit a park or hike a local trail
- Stargaze or watch a sunset
- Plant flowers or a vegetable together

Relax & Reflect! (Purple)

Examples:

- Practice mindfulness or breathing exercises
- Read a book or tell a story aloud
- Start a gratitude journal
- Spend 10 minutes in silence or meditation

Let's get started:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
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Day 11	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
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Day 21	Day 22	Day 23	Day 24
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Day 25	Day 26	Day 27
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Day 28	Day 29
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Student Name: _____

I hereby certify that my student participated in the 30-day “Unplug and Play” challenge.

Parent/Guardian Signature

Date