Things to Do... Unplugged!

[Tween - Teen]

When you're feeling bored and like there's nothing to do...

★Get Active + Get Fresh Air! ★

Go hiking or walking and take pictures as you go.





Teach
your pet a
new trick,
then
celebrate
with a nice
long walk.





Have a water balloon fight!

Plan, prep, and go on a picnic with your friends or family.



Learn to dance. There are lots of tutorials online. If you need a partner, drag in your parents and siblings. Don't forget to get videos of your

routines to laugh about

later!



Don't want to keep it for yourself? Give it to someone else as a gift!





Do you have siblings? Make a scavenger hunt and see who can complete it first!

Challenge your parents too!



Visit the Digital Wellness Coalition





