

# THE UNPLUGGED CHALLENGE



**Welcome to the Unplugged Challenge! Sometimes it is helpful to take a break from technology and social media. Pick a week and see if you can accomplish all 15 of these challenges! Do you think you can do it? Answer the questions below once the week is over!**

- \_\_\_\_\_ Convince a friend to do the Unplugged Challenge with you
- \_\_\_\_\_ Go a whole day without using your phone, laptop, tablet, or any other electronic device
- \_\_\_\_\_ Stay off of social media (Twitter, Instagram, Snapchat, etc.) for the whole week
- \_\_\_\_\_ Leave your phone in a different room whenever you go to the bathroom
- \_\_\_\_\_ Use your camera phone only to take pictures of nature for the whole week
- \_\_\_\_\_ Create a craft using items in your house without looking up instructions
- \_\_\_\_\_ Leave your phone at home at least once when you go out with your family
- \_\_\_\_\_ Play a board or card game with a friend instead of video games
- \_\_\_\_\_ Spend an hour in a library and borrow a book to take home
- \_\_\_\_\_ Write in a journal about how your day went
- \_\_\_\_\_ Go a whole day without taking any selfies
- \_\_\_\_\_ Cook a meal using ingredients in your house without looking up a recipe
- \_\_\_\_\_ Stay off of devices during any mealtime for the whole week
- \_\_\_\_\_ Leave your phone in a different room when you go to sleep
- \_\_\_\_\_ Don't look at your phone until noon at least two days during the week

**Total:** \_\_\_\_\_

**What feelings did you experience while completing the Unplugged Challenge?**

**Who were you able to convince to do it with you? What was their experience like?**

**What was the hardest challenge to do and why?**

**What was the easiest challenge to do and why?**

**Did anything surprise you while completing the challenge?**

**Would you do it again?**



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