

FAMILY FUN CHALLENGE #7

"TAKE A TECHNOLOGY TIMEOUT"

Aided by phones and computers, virtual living has recently become a large part of daily life. This increase in screen-time may be taxing on you and your family's wellness. Although we know that the use of technology is unavoidable at a time like this, we invite you to set apart a small portion of each day to unplug. Start a technology detox by eliminating cell phones, television, laptops, etc. Use this time of technological disconnect to reconnect to yourself and to those quarantining alongside you.

- Play a board game.
- Read a book together.
- Share stories from your past.
- Take a walk together.
- Prepare a meal together.
- Take a nap at the same time.
- Relax outside together.
- Write a letter to a friend or loved one.
- Color or draw a picture.



Share this Challenge with your friends on Facebook! Be sure to tag ECCPASA!