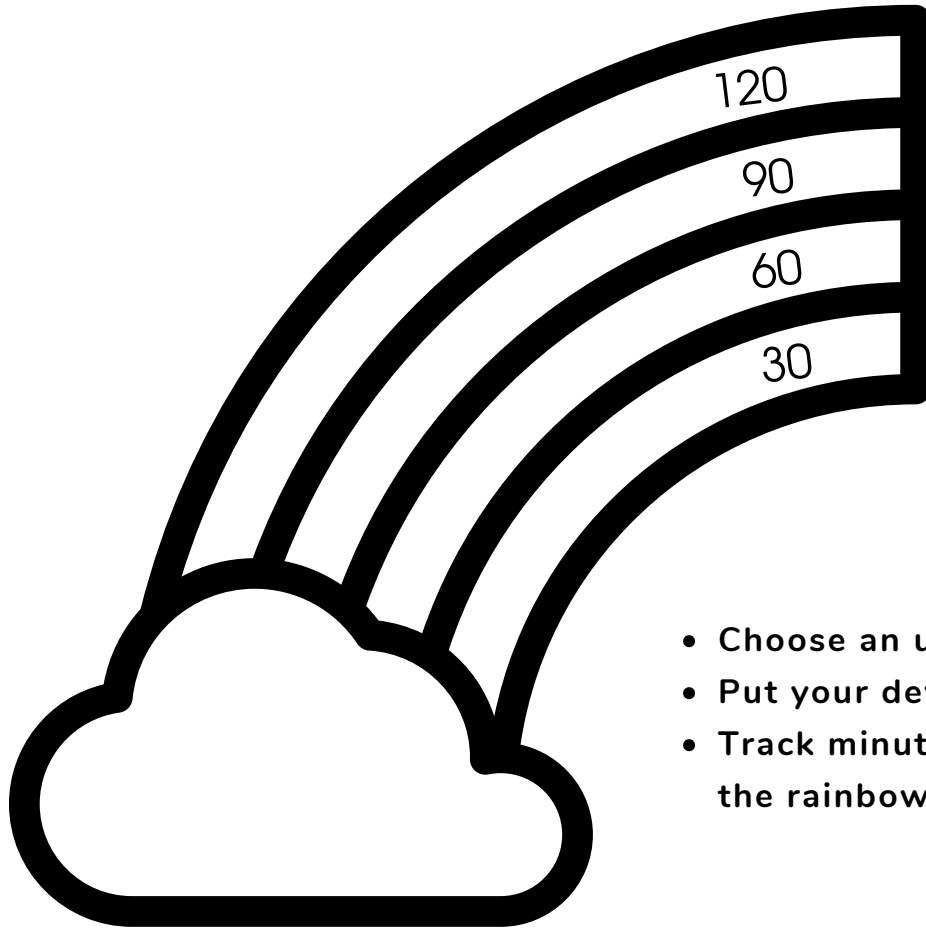


Your name: _____

Color your time unplugged...



- Choose an unplugged activity
- Put your devices out of sight
- Track minutes by coloring in the rainbow

How did it feel to step away from your devices?

To complete the challenge write a reflection here:

When you are done, ask an adult to scan the QR code to upload this form.

