

We understand that smartphones are an important tool in our daily lives, but we also know how easy it is to spend too much time on our devices! We can learn to be more conscious of how we use our phones, especially around friends and family.

Summer is here and what better way to disconnect and have fun! Join the **#DigitalDetox** by keeping track of your device-free activities throughout the month.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

# DIGITAL

# DETOX

**July 17-23**

Play at the park! Get crafty!  
Read a book! Ride a bike! Sing a song!  
Sew a pillow! Learn a new skill!  
Draw a picture! Smell the flowers!  
Hang out with friends!  
Take a hike! Visit your local library!  
Write a story or a poem!  
Watch the sunset!

# Activity Log

Keep track of your device-free activities the month of July. You can draw or write about the activities you do by yourself, with friends, and family. Turn in your log to your local library for a chance to win a cool device-free prize!

Date:

Date:

Date:

Date:

Date:

Date:

Date: