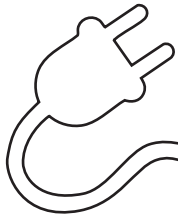


# Shabbat

Day of  
Unplugging



# Our Family Pledge

May 30-31



Here's how we're going to  
unplug together as a family:

- ☐ Go on a hike
- ☐ Play cards or board games
- ☐ Go to the beach

- ☐ Cook a meal
- ☐ Do a craft project
- ☐ Go on a bike ride

- ☐ Play in the park
- ☐ Visit a local attraction like  
the zoo or a museum

Other: \_\_\_\_\_

Our family goal is to spend \_\_\_\_ hours together off screens.

