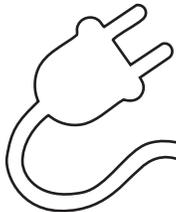


# Shabbat

Day of  
Unplugging



# Our Family Pledge

May 1 - 2



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

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Go on a hike              | <input type="checkbox"/> Cook a meal        | <input type="checkbox"/> Play in the park                                  |
| <input type="checkbox"/> Play cards or board games | <input type="checkbox"/> Do a craft project | <input type="checkbox"/> Visit a local attraction like the zoo or a museum |
| <input type="checkbox"/> Go to the beach           | <input type="checkbox"/> Go on a bike ride  |  |

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

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

