STUDENT NAME: _____

Parent Signature: _____

Homeroom Teacher: _____

Grade: _____

unplug

FIND YOUR OUTLET

CAPROCK ACADEMY K-6

UNPLUGGED CHALLENGE

Due Tuesday, May 12, 2026

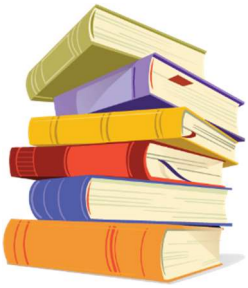
DATE	HOW DID YOU UNPLUG? WRITE YOUR ACTIVITY DOWN!		

unplug

Students are being challenged for the next two weeks to “**unplug**”!

Would you be willing to join your student as they “**unplug**”?

Compete with them to see who can have the least amount of screen time each week?



Try new things with them?

Turn it off:

TV, computers, phones, video games, tablets, social media

Benefits of unplugging include:

encourages people to talk to each other, can give students a challenge, fosters emotional intelligence, calms the mind, might help you get more vitamin D, gives us a better relationship with the people around us and the natural world, helps us to be content

Things to try instead of screen time:

read, bake, ride a bike, garden, play a game, find a new hobby, hike, paint, cook, fly a kite, complete a puzzle, go camping, sew, go to the park, clean something – What else can you do?