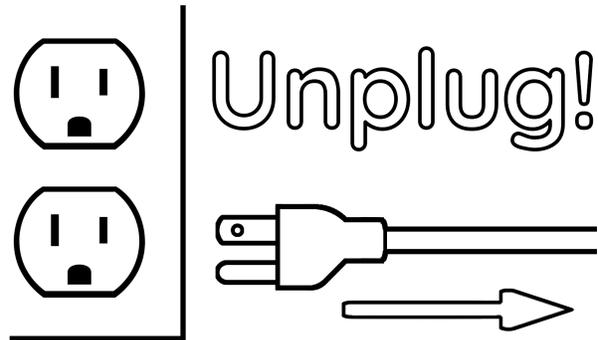


National Day of Unplugging - March 5-6

To “unplug” is to refrain from using all digital devices and electronic media - phone, tablet, laptop, desktop computer, television, camera, radio, and so on. A day of unplugging means no screen time for twenty-four hours. It’s a respite from the daily overload of stressful email, disturbing news, toxic commentary, misleading ads, inane videos, and spiteful social media. It’s a chance to explore healthier alternatives to tech. Where safe, it’s a day to interact with live human beings face-to-face.

Since 2009, there has been an “official” National Day of Unplugging. In 2021 the time frame is March 5-6; pick an entire day, go from noon to noon, or slice it some other way. You can sign up at the NDU website, or just unplug on your own.



Many activities suggested for unpluggers are geared at young people, but there are plenty of options for adults, including ...

- Take a hike
- Cook a dinner
- Bake cookies
- Create a painting*
- Paint a room
- Draw a sketch*
- Read a book*
- Write a letter*
- Donate old clothing
- Knit a scarf
- Declutter a room
- Repair something
- Do needlework
- Make a birdhouse
- Replace smoke detector batteries
- Play an instrument*
- Write a poem*
- Do a crossword*
- Do some yoga
- Identify trees*
- Walk the dog
- Start a journal*
- Do a jigsaw puzzle*

You may have to prepare for an activity ahead of time — by printing a puzzle, map, address, or recipe, for example. And unplugging may be easier if your partner does it with you. You may even want to warn people who are likely to call or email that you won’t be answering for a day.

If the weather agrees, you could ...

- Wash the car
- Fly a kite
- Go ice skating
- Rake leaves
- Ride a bike
- Go snowshoeing

If you can safely do so ...

- Go dancing
- Play a board game*
- Volunteer at a food bank
- Go swimming
- Attend a sporting event
- Participate in a scavenger hunt
- Visit a nature center
- Go out to eat
- Play an outdoor game

*It’s not really unplugging if you do this one electronically!