The Unplug Challenge for Students

The Week-Long Unplug Challenge encourages students to engage in activities that do not involve digital devices. This challenge aims to foster mindfulness, creativity, and family engagement through a series of fun and educational tasks.

# Main Challenges

* Digital Detox Walk (10 Points): Take a 30-minute walk outside without any digital devices.
* Family Interview (15 Points): Interview a family member about their favorite childhood game.
* Cook a Family Recipe (20 Points): Cook a traditional family recipe with a family member.
* Create a Handmade Thank You Card (10 Points): Make a handmade thank you card.
* Read a Book Aloud (15 Points): Spend 30 minutes reading a book aloud to a family member.
* Nature Scavenger Hunt (20 Points): Participate in a nature scavenger hunt.
* No-Screen Entertainment Night (20 Points): Organize an evening without screens.
* Map My Day (10 Points): Create a hand-drawn map of your day.
* Gratitude Journal (15 Points): Keep a gratitude journal for a week.
* DIY Science Experiment (15 Points): Conduct a simple science experiment.

# Bonus Point Options

* Community Service (10 Bonus Points): Participate in a community service project.
* Star Gazing Night (5 Bonus Points): Spend an evening stargazing.
* Plant a Tree (10 Bonus Points): Plant a tree with your family or school.
* Visit a Museum (10 Bonus Points): Visit a museum without using digital guides.
* Write a Letter to a Pen Pal (5 Bonus Points): Write a handwritten letter.
* Family History Project (10 Bonus Points): Conduct a family history project.
* Handmade Gift Exchange (5 Bonus Points): Organize a handmade gift exchange.
* Outdoor Adventure Challenge (10 Bonus Points): Embark on an outdoor adventure.
* Mindfulness and Meditation (5 Bonus Points): Practice mindfulness or meditation.
* Create a No-Tech Game (5 Bonus Points): Invent a no-tech game.