



How low can you go...with your media consumption? Do you get distracted by the technology in your life? Often at the cost of activities that matter more, such as connecting with other people? Then challenge yourself to a week of being **"unplugged"** from the screens and join your friends **face-to-face** for a week of healthy activities after school!
Monday-Kickball and start of Reading Challenge

Tuesday-4 Square/Open gym

Wednesday-Rockies Baseball game (3-4)/Board Game day

Thursday-Legos and healthy "try-it!" foods after school

Friday-Lego project judging (bring your project to school-prizes!) /Coffee Shop

Permission slip for after-school activities on page 4 of Media Mindfulness



Health and Wellness Week

Sunday April 21st to Sunday April 28th

"How we spend our days is, of course, how we spend our lives." -Annie Dillard

