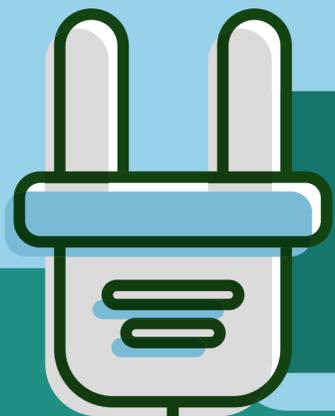


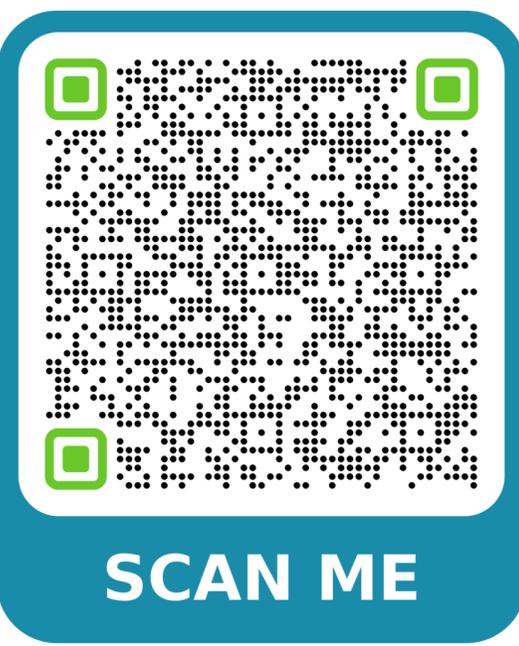
DISCONNECT TO CONNECT

Replace Screen Time with **GREEN** Time



MARCH 6TH - 7TH

Global Day of Unplugging



6-7

Reasons to Disconnect to Connect

Global Day of Unplugging
March 6th - 7th

Mental Health

Taking a break from constant notifications and social media comparison can reduce stress, anxiety, and information overload.

Replace screen time with *GREEN* time.

Relationships

Without screens competing for attention, conversations become deeper, eye contact increases, and shared moments feel more meaningful.

Creativity

Unplugging gives your brain space to rest and reset, often leading to clearer thinking and more creative ideas.

Better Sleep

Unplugging gives your brain space to rest and reset, often leading to clearer thinking and more creative ideas.

Being Present

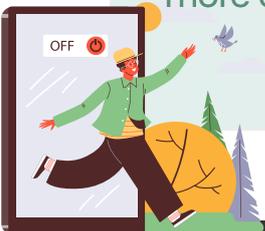
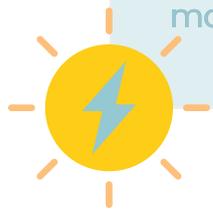
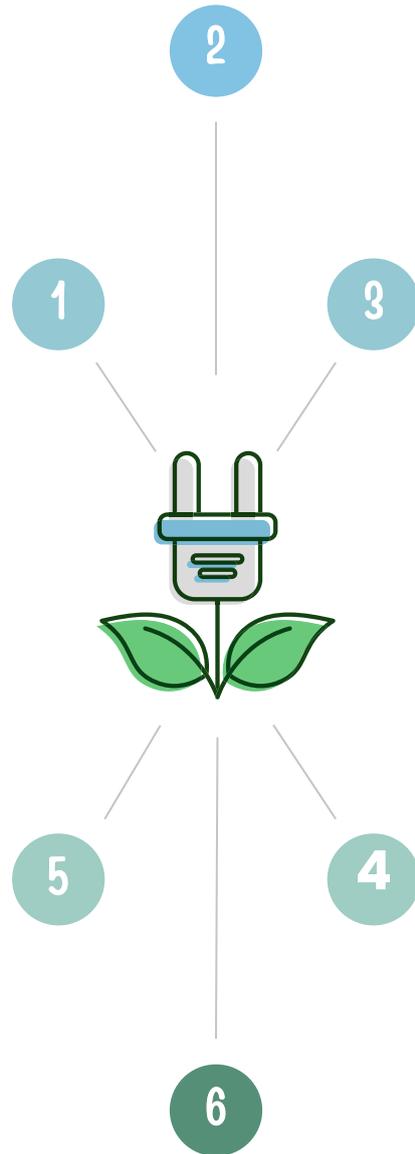
Noticing nature, sounds, and surroundings increases mindfulness and appreciation for everyday moments.

Being a Role Model

Children and teens learn by watching adults. Demonstrating balanced technology use teaches self-regulation and healthy boundaries.

Disconnect 2 Connect

Greene Co. Resources



3 WAYS TO BE SCREEN FREE!

TAKE TIME TO DISCONNECT TO CONNECT



1

Create Screen Free Zones

Make meal times, family areas, and bedrooms screen-free to encourage connection and rest.



2

Set Daily Limits

- 1 hour or less
- High quality screen time
- View with a family member



3

Replace Screen Time with Play Time

Encourage outdoor play, dancing, silly games, and hands-on activities to spark creativity!



RISKS OF TOO MUCH SCREEN TIME

- DEVELOPMENTAL DELAYS- language, social, and problem-solving
- DISRUPTED SLEEP- brain stimulation interferes with restful sleep
- LOW ACTIVITY- less movement leads to unhealthy habits and minds
- EYE STRAIN- young eyes and bodies were not designed for screens
- LOSS OF EXPERIENCES- zoning out or missing out on opportunities

BENEFITS OF DISCONNECTING

- Stronger relationships and social skills through interactions
- Increases creativity with imaginative play & problem-solving
- Boosts confidence & resilience through independent play
- Improves focus in school and day-to-day activities



DISCONNECT TO CONNECT

RESOURCES



Screen Time Guidelines



Help Me Grow DCY



Greene County Public Health



Greene County Public Library



Greene County Parks and Trails



Community Resources

Goodwill Easter Seals



Violence Free Futures

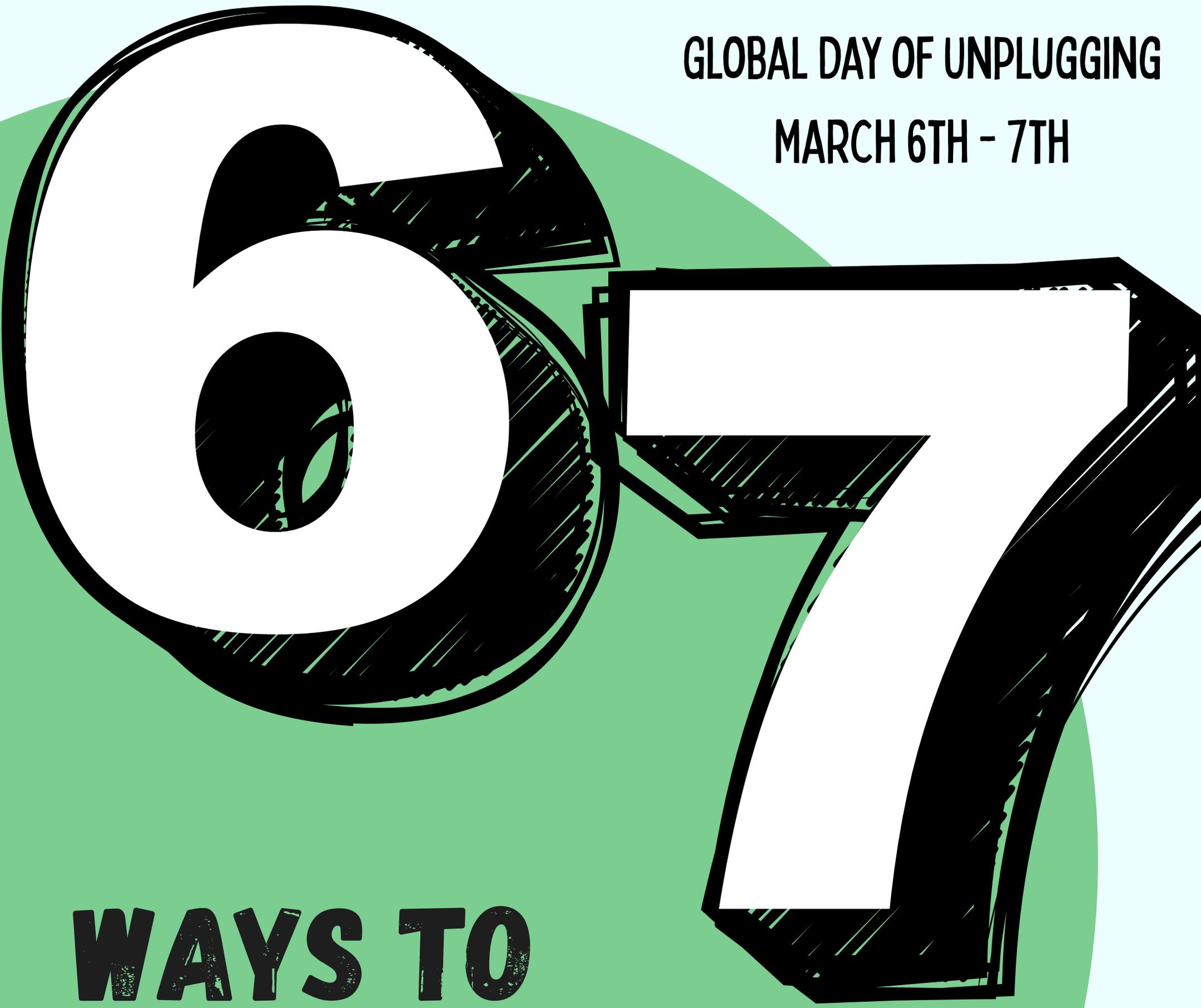


OHIO INFANT & EARLY CHILDHOOD MENTAL HEALTH & WELLNESS

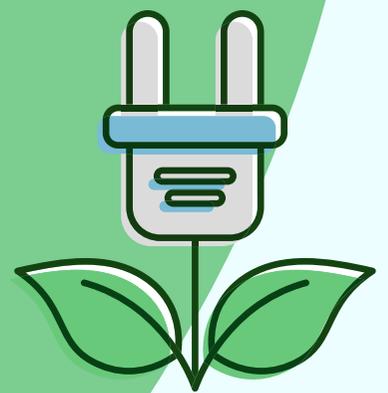


GLOBAL DAY OF UNPLUGGING

MARCH 6TH - 7TH



**WAYS TO
DISCONNECT TO
CONNECT**



SWIPE

EXPLORE A LOCAL PARK



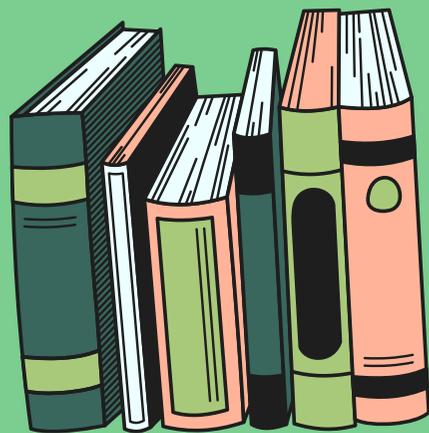
**PICK ONE OF GREENE COUNTY
PARKS & TRAILS MANY LOCATIONS
TO EXPLORE OR PICK ONE OF
THEIR EXCITING PROGRAMS TO
ATTEND.**



**GREENE COUNTY
PARKS & TRAILS**

[HTTPS://WWW.GCPARKSTRAILS.COM/](https://www.gcparkstrails.com/)

VISIT A LIBRARY



**OUR GREENE COUNTY LIBRARIES
CAN HELP YOU FIND A NEW BOOK,
EXPLORE A NEW HOBBY, AND SO
MUCH MORE.**



Greene County
Public Library

[HTTPS://GREENELIBRARY.INFO/](https://greenelibrary.info/)

2/7

VISIT A LOCAL YMCA

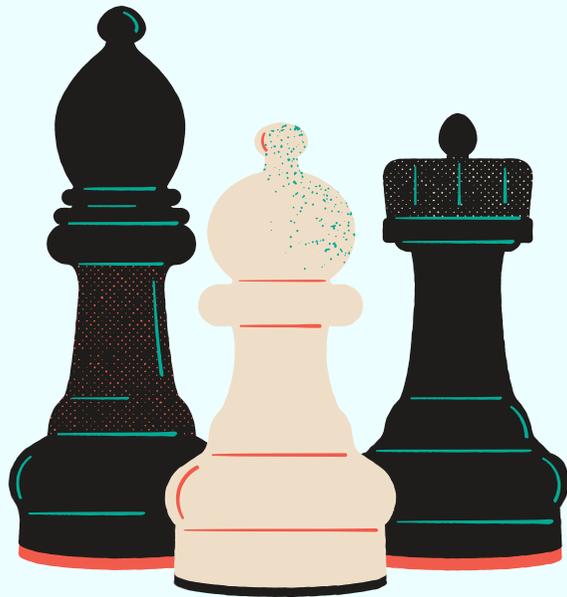


GET ACTIVE BY VISITING A LOCAL YMCA OR GYM. TRY A NEW SPORT, SWIM, OR WORKOUT.



FAIRBORN YMCA & XENIA YMCA

PLAY A BOARD GAME



BOARD GAMES ARE A GREAT WAY TO CONNECT WITH EACH OTHER, AND PROVIDES VALUABLE COGNITIVE SKILLS FOR CHILDREN.



TRY A CRAFT OR MUSIC



**TAKE TIME TO LEARN A NEW SONG
OR TO FINISH THAT CRAFT
PROJECT YOU'VE BEEN WANTING
TO DO.**



MINDFUL MOVEMENT



**PRACTICE MINDFUL MOVEMENT.
STRETCH, TRY YOGA, OR HAVE A
FAMILY DANCE PARTY.**



HAVE A FAMILY MEAL



**ENJOY A FAMILY MEAL TOGETHER
WITHOUT THE SCREENS. LEARN
SOMETHING NEW AND CELEBRATE
EACH OTHER.**

