

MONDAY 30



Unplug to Read

Pick up a Pledge Card at the GV or NC library and get a free book! Monday, April 30 only. GV library open 'til 6pm, Nevada City until 7pm.

Join Maggie Tokuda-Hall, picture book author of *Also an Octopus*, at the Madelyn Helling Library for an engaging presentation. April 30, 5pm-6pm.

TUESDAY 01



Unplug to Connect with Nature

Check out a new walk or hike with the family. If you need ideas, bylt.org has tons of local trails for all ages and activity levels.

Physical activity can improve mental and physical well-being for kids and adults.

WEDNESDAY 02



Unplug to Cook

Cooking with children of all ages is a great way to engage them in family time.

Kids are more likely to try foods they help make.

For healthy, kid-friendly recipes, visit eatfresh.org.

THURSDAY 03



Unplug to Play

The Madelyn Helling Library in Nevada City is hosting an all-ages game night tonight, May 3rd. 5pm-6:30pm.

Or, play Charades! Go Fish! 20 Questions! Crazy 8's! Rummy! Spoons! Candy Land! Magic tricks! Build a fort!

FRIDAY

04



Unplug to Move

Put on music and have a dance party.

Go on an after-dinner walk around the neighborhood.

Play Simon Says, Duck Duck Goose, or Follow the Leader.

Gather friends for a game of Tag or Hide and Seek.

SATURDAY

05



Unplug to Socialize

Find the Library's booth at today's Nevada City Farmers Market. They have crafts and maps for the Nevada City Storywalk!

Food Love Farm has 2-for-1 veggie starts today, May 5. 16200 Lake Vera Purdon Rd outside Nevada City. 9am-1pm.

SUNDAY

06



Unplug to Imagine

Paint a picture.

Make a puppet show.

Start a rock band.

Write a poem.

Fly a kite.

Go birdwatching.

Daydream...

BROUGHT TO YOU BY



DID YOU KNOW?



Screens include TV, movies, DVDs, computers, tablets, game consoles and smart phones.

Today's kids begin to interact with digital media at 4 months old. But pediatricians recommend...

- No screen-time for babies under age 2.
- Less than one hour a day for kids under age 5.
- For kids six and older, adults should set consistent limits on time and types of media.



Adults average ten hours (!) of screen-time a day. Take a break and model screen-free time for your kids.



Children build lifelong communication skills through reading.



Playing supports brain development, including the ability to articulate and make decisions.



Too much screen-time can impact sleep, attention and increase depression.



Children build self-confidence and self-esteem through play. They take risks, overcome challenges, and learn to use their imagination.



Cooking at home instead of eating out could save you \$650 a year. Get the kids to help you make dinner.



In the US, the average person spends 90% of their time indoors. Let's get outside!

APRIL 30 - MAY 6

SCREEN-FREE WEEK