

LET'S BALANCE TECH FOR GOOD.

ROCHAMBEAU'S UNPLUG CHALLENGE





GUIDE

TO A **5-DAY** DIGITAL DETOX!

The **Unplug Challenge** is an initiative of iConnect, a venture launched by two sophomores at Rochambeau, the French International School. iConnect seeks to empower youth to gain awareness of the impact of phone addiction, experience authentic connection in the moment with peers, and set concrete intentions for mindful phone use.



Celine Bernhardt-Lanier



Chloe Pangas

ABOUT



When?

**MONDAY MAY 25
THROUGH
FRIDAY MAY 29TH**



Where?

- **ROCHAMBEAU NEWSLETTER & WEBSITE**
- **IG: @ROCHAMBEAUFRENCHSCHOOL**



With whom?

**CHALLENGE YOURSELF
AT HOME
&
COMPETE WITH
FRIENDS!**



WHY UNPLUG?

What would it feel like to unplug from technology? With this challenge, become aware of your digital dependency and break unhealthy habits. Join us to embrace what *really* matters in life!

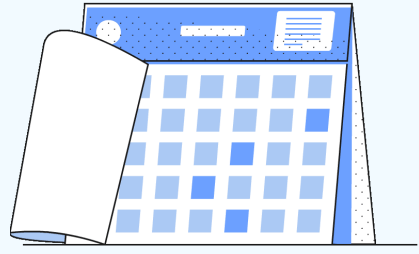
HOW DOES OUR PHONE AFFECT OUR HEALTH?

- Sleep deprivation
- Increased risk of depression
- Reduced focus & impaired memory
- Risk of weight gain & diabetes



WHAT TO EXPECT:

- Relax your brain & reduce stress
- Improve sleep quality
- Get more productive
- Become more mindful
- Reclaim your time
- Reconnect with yourself, family & friends



WEEK SCHEDULE

May 25th

May 29th

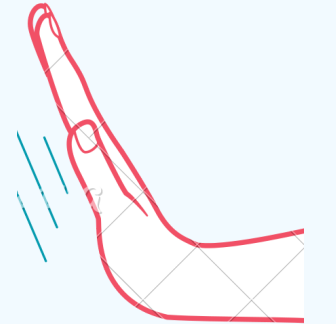
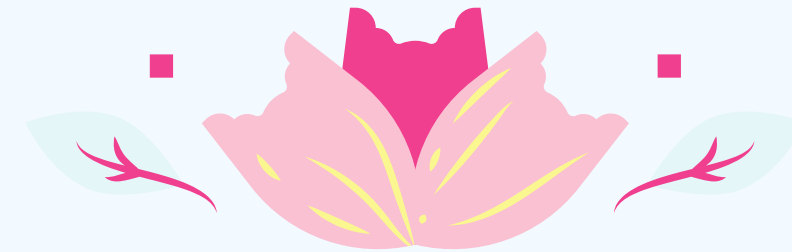
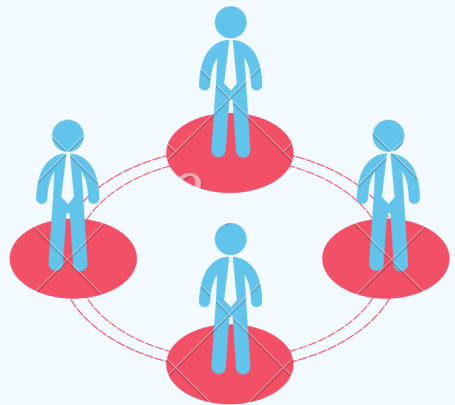
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Build
connection**

**Reduce
screen time**

**Delve into
creativity**

**Mindfulness
& yoga**

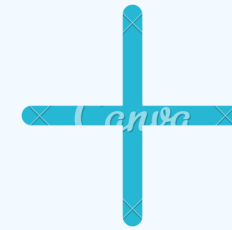
**New healthy
habits**

The Daily Challenge

1



2



3

QUOTE

Enjoy our daily
inspirational quotes!

RESOURCE

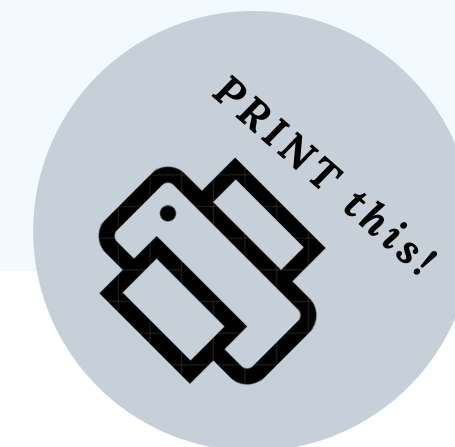
Get motivated & empowered
with new ideas.

ACTIVITY

Bored!? Find creative
ways to spend your time!



PROGRESS TRACKING SHEET



MY PERSONAL GOAL:

.....

POST-ACTIVITIES 5-DAY MOOD TRACKER:

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“ Almost everything will work again if you unplug it for a few minutes, including you. ”

- Anne Lamott

1 Build connection

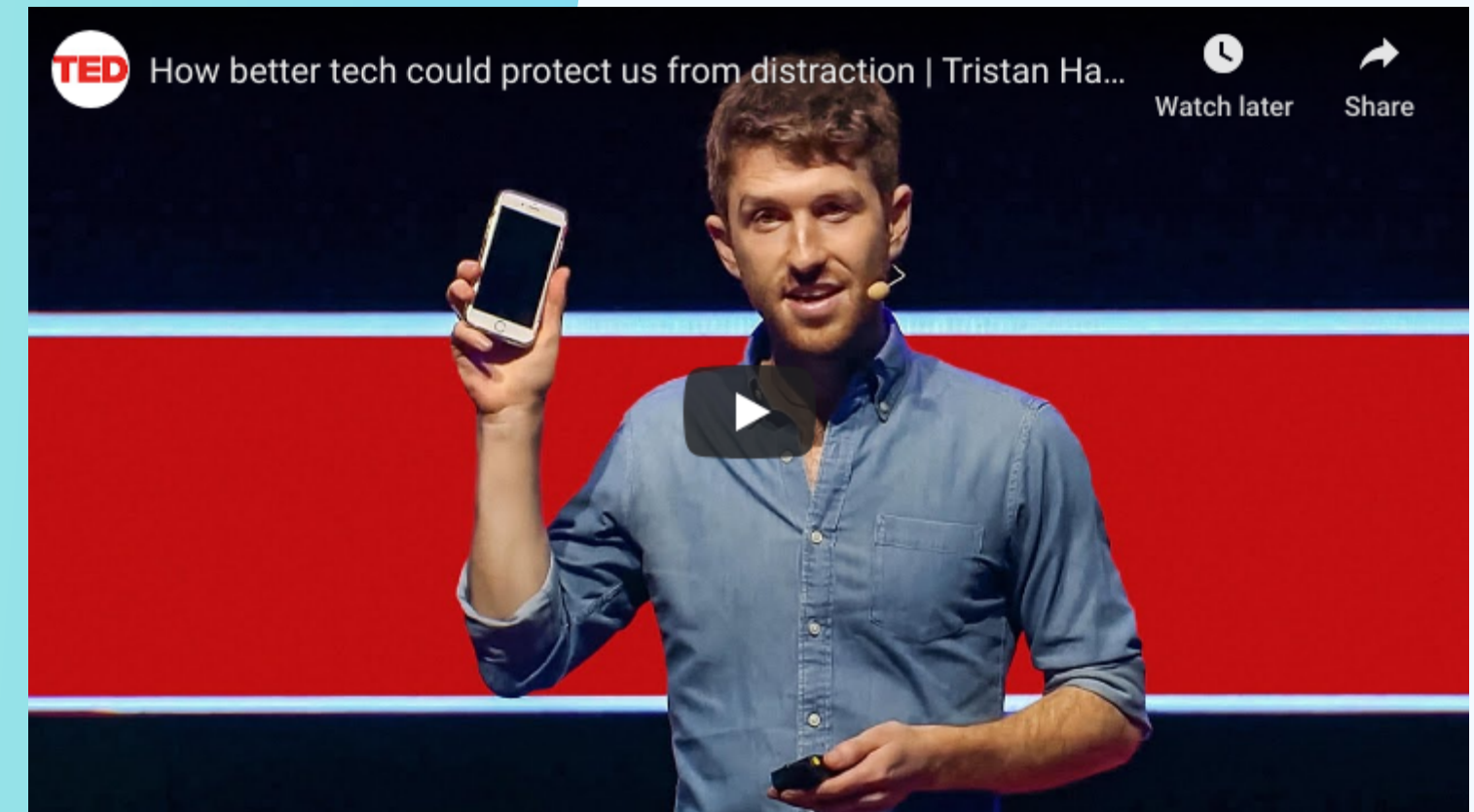
Manday



*"Give the people in
your life the gift of
presence by putting
down your mobile
device."*

- KATE NORTHRUP





ACTIVITIES



**Cook with a
friend on
Facetime**

Call a relative

**Write a friend a
letter and mail
it if you're
feeling wild**

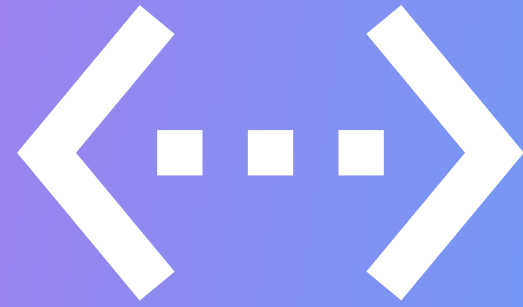
**Watch a movie
with your
family**

**Take a walk
with a family
member**

2 Reduce screen time

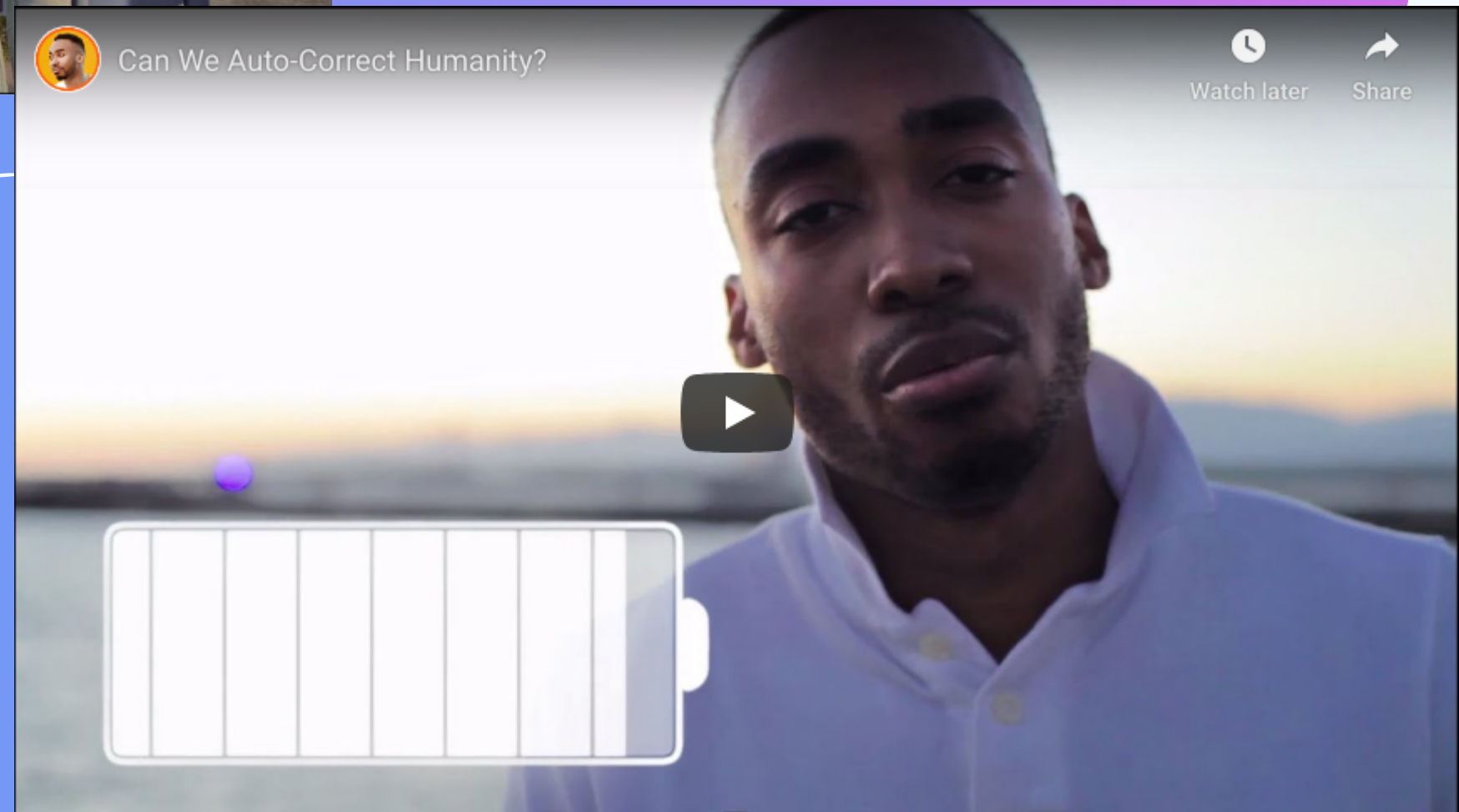
Tuesday





"Disconnecting from
reality to reconnect
with ourselves is
absolutely essential."

- Arianna Huffington



ACTIVITIES



**Spend 5
minutes
reflecting on
the past week**

**Sort out your
closet & donate
old clothes**

**Take a break
from
overwhelming
news**

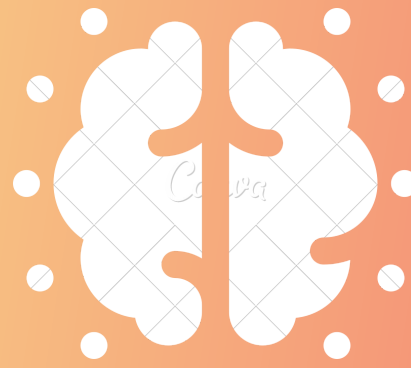
**Get up & move
every 30
minutes**

**Listen to a
podcast**

3 Delve into creativity

Wednesday

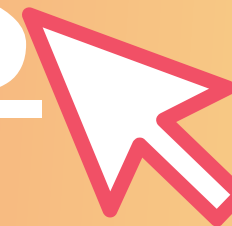




"Creativity is
intelligence having
fun."

-ALBERT EINSTEIN

**CHECK OUT
THESE
7 HABITS**



**TO SPARK
CREATIVITY!**



ACTIVITIES

**Spend 15
minutes
doodling**

**Make a
collage, paint
or draw**

**Have a dance
party**

**Write a Thank
You card**

**Write a poem
or short story**

4 Mindfulness & Yoga

Thursday



"Yoga allows you to find
an inner peace that is not
ruffled by the endless
stresses & struggles in
life."

B.K.S Iengar







ACTIVITIES

**Start a
Gratitude
Journal**

**Drink more
water!**

**Get outside
for 30
minutes**

**Meditate for
5-20
minutes**

**Declutter
your room or
workspace**

5 New healthy habits

Friday



"Depending on what they are, our habits will either make us or break us. We become what we repeatedly do."

Sean Covey



**CHECK OUT
THE BENEFITS
OF TRYING
NEW THINGS!**



**SPICE THINGS
UP WITH THESE
TIPS!**





ACTIVITIES

**Try a new
morning
ritual**

**Learn a
sentence in a
new language**

**Try a new
nighttime
ritual**

**Bake or cook
something
new**

**Try a new
workout**

PLAY WITH FRIENDS! DO MULTIPLE ACTIVITIES A DAY!

SHARE YOUR PROGRESS WITH US!

USE #RochambeauUnplug



@rochambeaufrenchschool



QUESTIONS POST-CHALLENGE

- Has your sleep quality improved?
- Have you noticed any changes in your life?
- Do you feel more focused?
- Do you feel happier?
- When did you use technology in a balanced way?



● VISION

iConnect is a response to help us find balance. We build healthier communities through digital wellness, mindfulness practices and face-to-face relationships. We promote balance by using technology more intentionally in our interconnected world.

● MISSION

We are sparking a movement to engage youth to tackle the negative effects of digital dependencies, to create more balance, and to celebrate our shared human connection.

● OUR INITIATIVES

We have sent a survey to our school to deepen our understanding of the core distractions, facilitated 2 Workshop sessions at the DC Student Action Summit of 2020, partnered with IBme, Yondr, Screen free-Saturdays and LookUp. We will create Zoom calls with yoga and mindfulness sessions, social media campaigns, workshops on raising awareness, and phone-free spaces in our school.

● CONTACT US

Any questions or suggestions? Contact us at:
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chloepangas@gmail.com