

# DISCONNECT & RECONNECT

Welcome to the final week of Fall Into Balance: Digital Detox Bingo! This week, it's all about letting go of technology and rediscovering the joy of real-world connections. Each task on this bingo card encourages you to disconnect from screens and reconnect with the people, places, and activities that bring you fulfillment. As you wrap up this challenge, take time to reflect on how stepping away from technology has changed your perspective and enriched your life.

Take a tech-free hike or walk with a friend or family member.

Cook a new recipe without any digital assistance.

Organize a picnic or outdoor activity with loved ones—no phones allowed.

Organize a tech-free activity with your family or friends.

Take a scenic walk without your phone.

Plan a weekend day with zero screen time—schedule it.

Spend 20 minutes engaging in a creative activity—no screens allowed.

Write a thank-you letter to someone—by hand.

Write a letter to someone you've been meaning to reconnect with.

Host a board game or card game night—no screens allowed.

Take a 30-minute tech-free relaxation session—bath, shower, or meditation.

Create a new tech-free evening routine and practice it today.



Go for a bike ride or hike without any distractions.

Write a short letter or card to someone you appreciate.

Try a new hobby or skill—no technology involved.

Go through your wardrobe or belongings—declutter without distractions.

Spend 20 minutes in mindful movement—yoga, stretching, or a workout—without tech.

Plan a future trip or adventure using only books or maps—no apps.

Create a nature-focused day—spend at least 30 minutes outside without any screens.

Spend time with a loved one and focus fully on them—no screens allowed.

Reflect on how disconnecting has helped you reconnect with what matters—write it down.

Make a list of tech-free activities you enjoy and plan to do more often.

Invite someone to a meal or coffee where you both agree to leave your phones behind.

Take a tech-free day trip and explore a new place without digital maps or distractions.