

Digital detox

BINGO

Go to flight mode on your phone for an hour	Exercise	Journal	Cook a new recipe	Meditate
Spend time in nature	Draw or paint	Listen to music	Play a board game	Organise your space
Learn a new skill	Read a book		Practice yoga	Go for a walk without your phone
Write a postcard	Visit a museum	Listen to a podcast just for fun	Attend a class	Go to a farmer's market
Take a day trip	Practise self-care	Disconnect at meal times	Socialise in person	Buy a disposable camera: Capture, don't share