

# STAND YOUTH COUNCIL ZUNPLUG CHALLENGE

This winter, the Linn County STAND youth council challenges teens to unplug from screens for two hours per day and try something different.

- Play a board game
- Build a Christmas tree with Legos
- Decorate cookies
- Play in a pick-up basketball game
- Take a yoga class
- Go to the mall
- Put together a puzzle
- Go to the gym
- Take a nap
- Stay the night at a friend's
- Check out holiday lights in your neighborhood
- Wrap presents
- Make a gingerbread house
- Write a letter
- Go for a drive or walk around town
- Color or journal
- Decorate for the holidays
- Exchange gifts with a friend
- Volunteer with a friend, offer to rake a neighbor's leaves or pick up trash at a local park
- Polar bear plunge
- Meet up for coffee
- Read a book
- Get food with a friend
- Spend time with a pet
- Go skiing



The STAND Youth Council is a group of high school students from throughout Linn County working to enhance positive school climate through media campaigns and activities that address underage drinking, tobacco use, and mental wellness.

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