



Host an "Unplugged" Fundraising Event!

Event Planning Template

Do you DARE to unplug? National Day of Unplugging is March 5th and your school can raise money for your own school and/or a local charity by pledging to "unplug" from your electronic devices for 24 hours starting on March 5th.

From sundown to sundown, unplug, unwind, relax and do things other than using today's technology, electronics, and social media.

Beginning in February leading up to March 5th teach your students about the importance of being mindful, the benefits of "unplugging" on our mental health and how social media affects our lives. Check out a sample schedule and activity ideas below!

Sign up online at healthmovesminds.org with our easy-to-use fundraising platform and set a goal. [Decide where you want funds to go](#) by mid February. Mark the dates on your school calendar.

Mid January: Customize your school's fundraising page. Send out parent announcements and share with students ([Use our communication templates!](#))



Early February: Introduce the program to students and the concepts around being mindful.

Mid February:

- Introduce [mindful minute activities](#), have students practice it daily, work with teachers around the school to make it part of each class time.
- Focus on screen time, [implement "Analyzing Screen Time" mini lesson](#).



End of February: Prepare students for your celebratory event. Assign a journaling activity: have students pledge to unplug and plan out what they will do without using their phones and internet access.

March 1st: Host a family fitness/game night at school where families participate in an activity while they are unplugged. [Check out school-wide ideas here](#).

Share on social media by connecting to your Facebook Fundraiser!



Wrap up your event! Thank and congratulate students and staff by email and on your fundraising page. Expect your Gopher gift card and any earned incentives approximately 4 weeks after completing your event!

Visit www.healthmovesminds.org to learn more!