

UNPLUG 2015

- * Eat dinner backwards, starting with dessert first?
- * Have breakfast for dinner one night
- * Make your own pizza night
- * Have an indoor picnic
- * Play a board game with the entire family
- * Kids plan & cook dinner for parents
- * Eat out — kids' choice
- * Read a book out loud together
- * Eat out — parents' choice
- * Wander in the Bedford Town Forest
- * Go text free — talk face-to-face the whole day
- * Illustrate a song that inspires you
- * Go email free — talk in person instead of on line
- * Make a card for someone you love
- * Go fish — get out the cards & play your favorite card game
- * Design a family Jeopardy game or trivia contest
- * Clean your closets & donate coats & clothes you don't need
- * Take cover - build a fort out of tables & blankets
- * Count the geese at Great Meadow Wildlife Preserve
- * Tell 5 people why you are thankful for them
- * Take a walk around the block by the light of the full moon
- * Turn off all the lights & have a conversation in total darkness
- * Organize a relay race or scavenger hunt for your neighborhood
- * Send a thank you note to someone who has helped you
- * Draw family portraits without looking at the paper
- * Frame something you have been meaning to frame & choose a spot to hang it up
- * Take a mini-vacation to Boston — visit a museum, walk the Freedom Trail, or explore
- * Learn more about another culture & cook a meal from that country or region
- * Visit Bedford Public Library & check out a book for the family to read
- * Volunteer as a whole family at the Food Pantry, a church, or some other favorite charity
- * Make a statement day — Put your favorite quote on a white t-shirt
- * Trust Walk - Build trust by taking turns being blindfolded & being led around
- * Puzzled — invite your neighbors to a puzzle & pizza party
- * Organize a neighborhood clean up & recycle cans & bottles for a favorite charity
- * Camp out inside — make popcorn, use sleeping bags, tell stories by flashlight
- * Help a family in need with a donation of food to the Bedford Food Pantry
- * Sign up for a Trails Committee walk in one of the Bedford conservation areas
- * Walk in a conservation area near you — download a map from the Trails website