

# 12 Days of HUMAN CONNECTION



**DAY #1 – Reflect:** What helps you feel connected to others in a meaningful way? What distractions get in the way of feeling connected? What things are stealing your time for connection? What do you want to achieve in these 12 days?

**DAY #2 – Ditch Digital Distractions:** The average youth spends 6–8 hours a day on screens outside of school, and adults spend over 5 hours on phones. Identify your most "addictive" apps, the ones that drain your energy or make you feel bad. Then turn off notifications—or delete them entirely for the next 11 days. You could also try an app like Clearspace to set limits.



**DAY#3 – Reach Out to a Friend:** Call or meet up with a friend or family member who makes you feel happy, or get in touch with someone you haven't talked to in a while.

**DAY #4 – Watch the Sunset:** Go to a favorite spot and watch the sunset. Don't take pictures. Just savor the moment and make a mental "photograph."



**DAY #5 – Make Something:** Bake cookies, a meal, or create a piece of art.

**DAY #6 – Take a Plunge:** Do something hard and feel invigorated! Jump into cold water or take a cold shower. Bonus points if you do it with a friend!

**DAY #7 – Go Gray!** Even without your most addictive apps, your screen can suck you in. To make it less fun to scroll, turn on grayscale. If you have an iPhone you can simply say, "Hey Siri, turn on grayscale."

**DAY # 8 – Play an Offline Game:** Whether it's cards, a board game, or hoops, enjoy the unplugged fun with a friend or family member. Be sure to laugh out loud!



**DAY # 9 – Lounge Screen-Free:** Enjoy a slow morning in bed with coffee or tea. Read, journal, or just lounge—no phones allowed.



**DAY #10 – Plant Something:** Connection isn't just with people, but with the earth. Plant something or start a small garden—even something simple if you're a beginner.

**DAY #11 – Screen-Free Walk:** Take a walk in nature & leave your phone at home. Pick a favorite tree, and identify 3 things you appreciate about it. You can even give it a name! When you see your tree on future walks, let it remind you of your commitments.

**DAY #12 – Write a 100 Day Letter:** Reflect on your 12 Days journey. What did you discover? How did you feel? Write a letter to your future self, 100 days from now. Describe the previous 100 days from that date, including the commitments you made to human connection and digital wellbeing. You can include goals you achieved and how you felt. Keep this letter with you and read it daily.