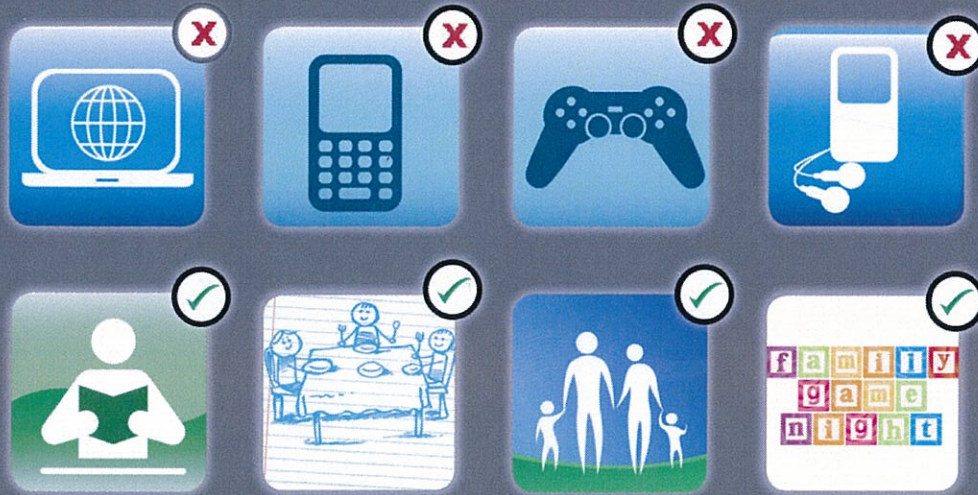


Family Day Unplugged

02.20.2012



Disconnect to Connect with your self • family • community

Some Ways to Unplug

Spend Family Day:

- playing board games
- having dinner together
- going tobogganing
- building a snow-family
- going for a walk
- making cookies

Why Unplug?

- 73% of kids would rather play with their parents than watch TV or use the Internet.
- Teens who have more than three family dinners per week are likely to get better grades.
- Residents in connected neighborhoods have greater quality of life.
- Three critical factors for healthy physical and psychological child development are movement, touch and connection to other humans.

This is a friendly competition between cities and towns in our area!
Can your community connect the most on Family Day?

Log the hours you and your family unplugged on February 20.

Go to www.fcssaa.ab.ca to log your hours and tell your story

Or log them at the Drayton Valley Civic Centre 5120-52nd St. on February 21st!

