Unplugged Friday Evenings is an initiative put on by the CMS Challenge Success team that encourages YOU to “unplug” from electronics on Friday nights starting after 5 PM.

See some of our suggested activities that do not involve electronics...

**UPGRADE A TEE SHIRT**

Have an old white shirt that just has lost its shine? Time to upgrade it with some tie dye! No tee shirt dye? No problem! Use food coloring or beets!

**TAKE IT OUTSIDE**

Time to tend your plants! Start an outdoor garden or get an indoor plant. Jazz them up with these DIY garden markers! Write motivational messages on them for indoor plants.

**WRITE SNAIL MAIL**

Write a letter to a friend or family member. Upgrade your sentiment by making the card yourself!

**CHECK IT OUT COMMUNITY WALL**

Need more ideas? Have good ideas for unplugged night? Stop over to the community padlet for some inspiration!

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CMS Unplugged Friday Evenings

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