



WORLD DIGITAL DETOX DAY

01



Practice
Mindfulness

02



Spend Time In
Nature

03



No Screen Time
During Meal

04



Don't Use
Technology
During Feeding
Your Child

05



Take Notes In
A Notebook

06



Track & Take
Control Of Your
Screen Time

07



Get More
Sleep & Remove
Blue Light

08



Unplug
And Turn-off
Once A Week

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