

ELLINGTON UNPLUGGED

Unplug to Connect: *A Healthy Balanced Life*

1 24 EVERY 24
Every 24 hours for at least 24 minutes, have an uninterrupted conversation with those close to you. Developing meaningful relationships that deepen over decades will enhance your life.

Ellington Unplugged is a series of concepts for the Ellington Family - students, staff, family members, and community to consider that may enrich one's life. To unplug is to practice moderation, exercise conscious choice, and help achieve life balance.

'Unplugged' concepts may drive school policy, curriculum, and student activities. Yet, in a *family-first town* such as Ellington, CT, these concepts have the potential to bring families closer together allowing us to connect by unplugging.

2 LET NATURE NURTURE
Quiet your mind by spending time in nature walking, swimming, reading a book, or simply sitting still. You can be healthier by taking in all of nature's beauty.

3 COOK FROM SCRATCH
Spend time cooking a meal with fresh food, free of chemicals. Enjoy eating together with family or friends free from distractions.

4 PHONE DOWN, EYES UP, HEART OPEN*
Be present and make thoughtful choices on how you spend your time. Media and video games all have their place, however a constant stream of virtual violence and over-sexualization will warp reality and relationships.

*from Peter Anspach, Musician for the band, Goose

5 BE COMPLETELY YOU
Social media gives us a window into the lives of others but often presents an unattainable standard. Take action in your own life, and avoid comparing or focusing on how many "likes" others accumulate.

6 CREATE MORE, CONSUME LESS
Paint, write, invent...solve a problem, play a board game, or build something. Create with your mind and body instead of constantly consuming or relying on artificial intelligence.

7 LIVE WITH HONOR
By following the *Seeds of Civility* you will live with honor, and unplugging will become increasingly effortless, resulting in a life's journey in service to others and filled with love.

