

U N P L U G



UNPLUGGED REINFORCEMENT

Utilize these activities to encourage your child to take time and "unplug" from electronics. Having unplugged reinforcers have many benefits for everyone!

Benefits of "Unplugging"

- Increased variety of play skills
- Options for when electronics are unavailable
- Increased toleration skills
- Increased social interactions
- Opportunities for Imaginative play

Unplugged Activities:

- Tag
- Hopscotch
- Jump rope
- Fly a kite
- Coloring pages
- Painting
- Reading
- Sticker Pages
- Trains
- Go for a walk
- Cooking
- Swimming
- Scavenger hunt
- Visit the library
- Board Games
- Science Experiment



BEYOND *The* LABEL

