



KNOCK KNOCK GIVE A SOCK UNPLUG-A-THON



1. Choose an unplugged activity
2. Put all of your devices out of sight
3. Track minutes by filling in the circles each time you unplug



30 min



30 min



30 min

Every time you unplug for 30 min, a pair of socks will be donated to a person living in a homeless shelter in NYC in partnership with Knock Knock Give a Sock.

How did it feel to step away from your devices & know you are helping people in need?

To complete the challenge write a reflection here:
ie I feel nervous (or relaxed)



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When you are done, scan the QR code with a phone to upload this form.

