

# WEEK OF APRIL 26 - MAY 2

## SUNDAY

Guided Marsh  
Hike at Earth Fair  
2026 - The Nature  
Place 11 am

## MONDAY

Share this  
calendar with  
friends.

## TUESDAY

Write down 5  
things you're  
grateful for  
today.

## WEDNESDAY

Do something you  
enjoy everyday  
this month!

## THURSDAY

Find ways to  
connect with  
peopel besides  
social media.

## FRIDAY

Youth Mental  
Health First Aide  
Training - Contact:  
[mhc@gruw.org](mailto:mhc@gruw.org)

## SATURDAY

Nature Saturday -  
The Nature Place  
9:30 am

# WEEK OF MAY 3 - 9

## SUNDAY

Talk about limiting screen time with your family.

## MONDAY

Unplug & Learn!  
Screenagers  
Showing at Logan High School  
6-8 pm

## TUESDAY

Unplug & Create!  
No Tech Tuesday  
All-Glazed Up & La Crosse Library

## WEDNESDAY

Unplug & Sleep!  
Put screens away at least 1 hour before bed.

## THURSDAY

Unplug & Read!  
Read a physical book.

## FRIDAY

Unplug & Reconnect!  
Do a hobby or activity you haven't done in a while.

## SATURDAY

Make it a game to see who can use their phone the least today.



# WEEK OF MAY 10 - 16

## SUNDAY

Spend time with family and friends today.

## MONDAY

Connect & Sip!  
Get a cup of coffee with a friend.

## TUESDAY

Unplug & Self-Care!  
Community Night -  
YMCA Youth Center

## WEDNESDAY

Connect & Cook!  
Have a cooking night with family and friends.

## THURSDAY

Connect & Play!  
Have a family board game night.

## FRIDAY

Connect & Chat!  
Have an in-person fun day with friends.

## SATURDAY

Hmong American Day  
  
Unplug & Have Fun!  
Oh Oh Coffee  
8-11 am



# WEEK OF MAY 17 - 23

## SUNDAY

Schedule a playdate with your kids' friends

## MONDAY

Thrive & Journal!  
Reflect and journal about your day.

## TUESDAY

Unplug & Be Together!  
Together 4 Youth Event at Powell Park  
4-6 pm

## WEDNESDAY

Thrive & Read!  
Read with Scout: Certified Therapy Dog - Pearl Street Books - 6 pm

## THURSDAY

Thrive & Walk!  
May is Mental Health Awareness Month Walk - 12 pm

## FRIDAY

Thrive & Hike!  
Go for a hike in the Bluffs.

## SATURDAY

Thrive & Picnic!  
Have a family picnic and spend time outdoors.

# WEEK OF MAY 24 - 31

## SUNDAY

Have a crafting day.

## MONDAY

Take time to sit in the sun today.

## TUESDAY

Unplug & Create!  
No Tech Tuesday  
All-Glazed Up & La Crosse Library

## WEDNESDAY

Visit a new place today.

## THURSDAY

Plan a fun activity to do this summer.

## FRIDAY

Try a new hobby or activity today.

## SATURDAY

Come up with ways to continue unplugging from technology when you can.

## SUNDAY

Take a day for yourself.