

Unplug with the Sabbath Manifesto

The Sabbath Manifesto is a creative project designed to slow down lives in an increasingly hectic world.

We created 10 core principles completely open for your unique interpretation. Below are a number of analog ideas to help connect with yourself and each other. We welcome you to join us as we carve a weekly timeout into our lives and to continue the momentum of the National Day of Unplugging throughout the year.

More information about the Sabbath Manifesto can be found online at www.sabbathmanifesto.org.

1. AVOID TECHNOLOGY

- Eat dinner without disruption. **Sign our pledge** to receive a Cell Phone Sleeping Bag and use it at dinner, in the park or anytime you want to unplug.
- Create Cell Phone Sleeping Bag inspired covers for the technology in your house, playroom or classroom. Get creative. Use old socks and glue on fabric or felt pieces and decorate them. Tuck away video game controllers or iPods. Teach your kids to hand sew and stitch together scrap pieces of fabric or old T-shirts to make bags for your devices.
- Have an unplugged scavenger hunt. Hide alternative activities, such as board games, materials for a science project or a series of books and create clues to and the alternative activities. Spend the afternoon playing together.

2. CONNECT WITH LOVED ONES

- Create a family tree. Take time with your family to discuss your childhood, family history, stories and memories. Have each member share one memory and fill in their section of the tree. Create a beautiful piece of art that your family could hang for generations.
- Cook favorite family recipes. From Bubbie's Borsht to Nana's Noodles with Cottage Cheese, cook the recipes that warm your heart and soul. Need inspiration? Visit BeyondBubbie.com.
- Have a Family Book Club. Pick a book that appeals to everyone in your family. Read it together and discuss over a meal. Have kids create art based on themes from the book.

3. NURTURE YOUR HEALTH

- Get out Granny's Tea Set and have a Tea Party. Go to your local grocery store and buy an assortment of herbal teas. Take a deep breath and enjoy.
- Om. Have a family yoga party in the morning. Move the furniture and stretch out the yoga mats. Have each member of the family prepare a pose and namaste together.
- Get the beat grooving and have a dance party on Friday night. Invite the neighbors and other families. Whip out your favorite records, cassette tapes or a-tracks and go back to a time before the iPod.
- Create a healthy snack pack. Replace all those unhealthy treats for home made granola bars, trail mix and nutrient rich superfoods. Get your kids involved in the cooking.

4. GETTING OUTSIDE

- Go for a long walk in a park near your house or even a national forest. Lead a nature scavenger hunt. Print out a map before hand or bring an old-fashioned guide book. Print out pictures of items for the kids to find. Bring along a bag to collect items for an art project later.
- Do yard work. Mow the lawn. Plant flowers. Get rid of weeds. Start the vegetable garden you've had on your "to do" list forever. Get dirty.
- Set up a family obstacle course in your yard. Compete against yourself to improve on your individual times.
- The next time it rains, put on your boots and rain gear and splash around in the puddles. You'll be surprised how much fun it is to do something you are always telling your kids to avoid! You'll have lots of laughs.
- Have a favorite tree in your yard? Turn it into a wish tree for the day and have each family member write or draw their wishes for the next year.

5. AVOID COMMERCE

- Ask your kids what they want for their next birthday. Get clever and try and create/make/build presents as a family.
- Invite other families over and have a toys/books/things swapping party. Pick a theme (clothing, board games, books...) and barter away.

6. LIGHT CANDLES

- Light Shabbat Candles. Either two or one for each member of your family.
- Put candles in bags weighed down by sand around your neighborhood and create a festive environment by lighting them at dusk.
- Create a bonfire, or put on the fireplace. Create a storytelling evening. Tell scary stories about cell phones, cyborgs and iPads taking over the world (Just kidding...sort of.)

7. DRINK WINE

- Break out the concord and have a grape juice tasting party. See, swirl, smell, sip, swallow or spit.
- Stomp around. Make your own wine in a barrel a la I Love Lucy. Not in the mood to have your feet dyed red? Visit a local winery and learn how wines get made from grape to barrel to table.
- Fruit salad, raisin bread, grape encrusted chicken, rice and raisin pilaf. Make a meal with every recipe calling for grapes.

8. EAT BREAD

- Have a spread of bread and have a bread tasting party. Go crazy for carbs and get your gluten free, pimento filled, chocolate swirled, rye and pumpnickel breads.
- Make fresh Challah with raisins, cinnamon, chocolate, cookies, potato chips...Experiment and have fun!
- Want to make challah but don't have time to make your own dough? Buy frozen dough or pizza dough and have your kids braid away.

9. FIND SILENCE

- Eat one meal in silence.
- Yell for 10 seconds and then be quiet for 30.
- Meditate. Go to a quiet place and come up with a family chant. Chant together.
- Take turns expressing yourselves in silence by making faces.
- Play charades.

10. GIVE BACK

- Talk to your kids about charity. Decide as a family what issues in the world matter most to you. Decide a charity of your choosing before sundown. And give together as the sun sets.
- Organize a community drive. Ask people to donate clothing, school supplies or food to those in need.
- Write letters to soldiers and create a care package. There are many organizations online that can help you coordinate this effort.
- Bake cookies and deliver them to your local police or fire department as a thank you.

