



UNPLUG TO CONNECT

with an Analog Bag

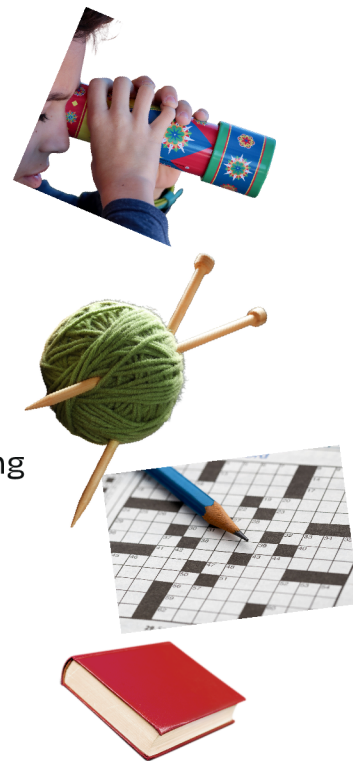
Analog Bags are tech-free sparks of joy, growth, and belonging. They are easy to carry bags filled with a simple collection of screen-free activities you or your child put together. Analog bags have many benefits, including:

- Promotes screen-free presence, creativity, and reflection
- Encourages self-reliance, problem-solving solving and regulating emotions
- Spark Creativity
- Encourages risk-taking
- Boost resilience
- Fosters Real-World Skills
- Accessible anywhere



Ideas for Analog Bags:

- Sketchpad + colored pencils
- Watercolor travel set
- Origami paper
- Pocket journal
- Mindfulness coloring book
- Travel sized chess, checkers, connect 4
- Puzzle book
- Disposable camera or polaroid
- Pass the Object piece for group storytelling
- Bubbles
- Crochet Needles and Yarn
- Postcards
- Mini kaleidoscope or prism
- The possibilities are endless



Visit the SELF tab on the Parent Nest for more ways to connect