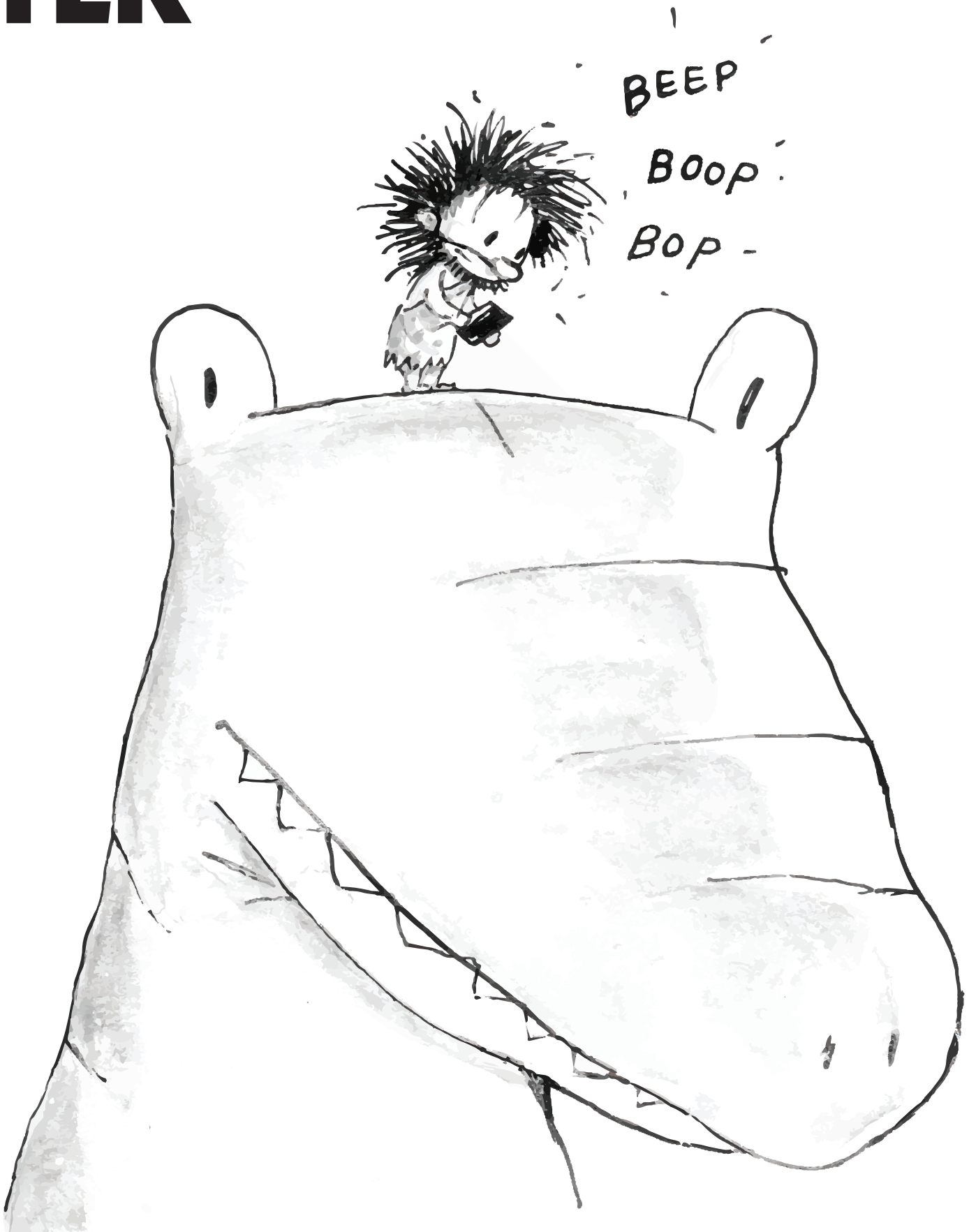


**TEK**

UNPLUG  
and  
PLAY



# TEK



# TEK

## UNPLUG and PLAY



# TEK

## UNPLUG and PLAY

### FOR PARENTS

Get more information, tips and ideas from these helpful resources...  
And then UNPLUG!

#### Websites

- [Childhood Unplugged](#)
- [Hands Free Mama](#)
- [Campaign for a Commercial-Free Childhood](#)
- [Let the Children Play](#)
- [Meri Cherry](#)
- [30 Games for Simple Outdoor Play](#)
- [Happy Hooligans](#)

#### Books

- [Why Can't We Just Play?](#)
- [Balanced and Barefoot](#)
- [Last Child in the Woods](#)
- [Vitamin N: The Essential Guide to a Nature-Rich Life](#)

#### Pinterest

- [Child Led Play](#)
- [Screen Free Childhood](#)
- [Simple Kids' Games](#)

Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.

*Fred Rogers*

