

VOL
1



APRIL 2025



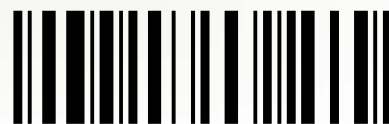
unpluggedhub.com

no-gadget zone

Unplugged Hub



Let's create a world where children thrive through meaningful human interactions and creative play.



IPADS ARE BORING, KIDS— GO OUTSIDE AND MAKE SOME FRIENDS!

Volume 01



A few years ago, I saw firsthand how gadgets can take over a child's world. My nephew, barely a year old, was glued to an iPad, watching cartoons for hours. At first, it seemed harmless—just a fun way to keep him entertained. But soon, I realized how much he was missing out on—real conversations, real play, and real childhood moments.

Luckily, things changed when he started spending more time with kids his age. He laughed more, played more, and for the first time, he didn't *need* a screen to be happy. That's when it hit me: ***children today need a little push to rediscover the world beyond gadgets.***

★Why No-Gadget Zones?★

Screens are fun, but they can't replace laughing with friends, playing a board game, or creating something with your own hands.

Inside this magazine, you'll find:

- ◆ Activities – Interactive games
- ◆ Cool Facts & Stories – Even celebrities take gadget breaks!
- ◆ Wellness Journal – Track your no-gadget adventures!

TRUST ME, IT'S WORTH IT!

Whenever I take a break from gadgets, I love playing board games, chatting with my friends, or spending time with my nephew. And guess what? I never regret it.

So, here's my advice: Put down the tablet, step outside, and make some friends! Try a fun activity from this magazine, and you'll see that life beyond the screen is NOT-boring.

Let's make this world a No-Gadget Zone, one fun moment at a time! 🚀

Happy exploring!

— Guhapriya
Editor, No-Gadget Zone
Magazine

WELCOME TO UNPLUGGED HUB - WHERE FUN COMES TO LIFE!

Volume 01

In a world full of screens, Unplugged Hub is your escape into REAL fun, creativity, and meaningful connections! No screens. No distractions. Just pure, hands-on excitement!

✨ Why Visit Unplugged Hub?

- ✓ Say goodbye to screen time & hello to playtime!
- ✓ Explore fun activities that keep kids engaged & parents worry-free.
- ✓ Strengthen family bonds through interactive games & creative challenges.

WHAT'S INSIDE?

- 🎲 Play Arena – Board games, puzzles & teamwork challenges!
- 🎨 Creative Corner – Unleash your imagination with DIY crafts & art projects!
- 📖 Reading Nook – A cozy space filled with exciting books & stories!
- 🏃 Sports Zone – Move, play & have a blast with indoor activities!
- 👨‍👩‍👧 Family Bonding Area – Quality time, zero distractions!



NO-GADGET ZONE

Volume 01

WHAT IS A NO-GADGET ZONE?

★ Welcome to Your No-Gadget Adventure! ★

Hi there, young explorer! 🙌 Have you ever noticed how much time we spend on phones, TVs, and tablets? A No-Gadget Zone is a special place where we put away our gadgets and have fun playing, creating, and spending time with family and friends.

Why Do We Need a No-Gadget Zone?

- ◆ Too much screen time can make us feel tired and less active.
- ◆ It reduces real-world fun like drawing, playing, and talking to family.
- ◆ Spending time without gadgets makes us more creative and helps us think better.



Can you think of three fun activities you can do without gadgets? Write or draw them here!

A large, empty rectangular box with a thick purple border, intended for a child to write or draw their answers to the prompt above it.

WHAT PEOPLE SAY ABOUT NO-GADGET ZONES?

Volume 01

LEADERS & EXPERTS SAY "TAKE A BREAK FROM SCREENS!"

♥ PM Narendra Modi once advised students and families to create No-Gadget Zones inside their homes to improve focus and strengthen relationships. He said, "Technology should be used wisely. Take time away from gadgets to study, play, and enjoy life with family!"

♥ Scientists Say that too much screen time can make us feel sleepy during the day and can even affect our eyes.

♥ MS Dhoni: The former Indian cricket captain has emphasized his minimal use of mobile phones, stating, "I do have a phone but I use it only to set an alarm at night." He advises youngsters to limit their social media usage to avoid its negative impacts.



TRY THIS:

Write down what you and your family can do during this time!



FUN FACTS ABOUT NO-GADGET ZONES!

Volume 01



COOL & FUN FACTS YOU DIDN'T KNOW!

- ◆ People who take gadget breaks sleep better at night! 🤪
- ◆ Playing outside instead of watching TV makes you stronger and happier! 💪😊
- ◆ Some countries have special "No-Gadget Days" where everyone puts away their phones for a full day! 🌍
- ◆ Reading a book before bed is better for your brain than watching a screen. 📖✨

•• Look Around!

Can you find someone in your family who is using a gadget right now? What else could they be doing instead?

CONVERSATION WITH A FRIEND

Volume 01



CAN YOU SURVIVE WITHOUT YOUR PHONE? A TALK ON NO-GADGETS.

Me: Bro, have you ever tried spending a whole day without your phone?

Friend: Lol, no way. Why would I do that?

Me: I'm serious! I've been working on this No-Gadget Zone thing, and it actually makes a difference.

Friend: What do you even do without a phone? Just sit and stare at the wall?

Me: Dude, no. You actually do stuff—play games, make things, talk to people. You remember how fun it was when we used to play board games?...like Monopoly, Scotland, Life, Snake & Ladder?

Friend: Yeah, but we were kids. I still don't see myself locking my phone away.

Me: That's exactly the problem. We're so used to checking our phones every two minutes that we forget there's actual fun outside of screens.

Friend: I mean, yeah, I do feel kinda addicted sometimes. But it's hard to stop. I rely on my phone for basically EVERYTHING.

Me: Don't worry we'll work on it. Maybe we both can go on a walk today. Or we can play badminton!

Friend: Hmm... okay, that does sound kinda fun.

Me: See? You just need to try it once. No phone. No notifications, no distractions—just like old-times.

Friend: Alright, I'll give it a shot. But if I get bored, I'm blaming you.

no-gadget zone





no-gadget zone





Day _____

Date _____

MY MOOD METER

Today my mood is...

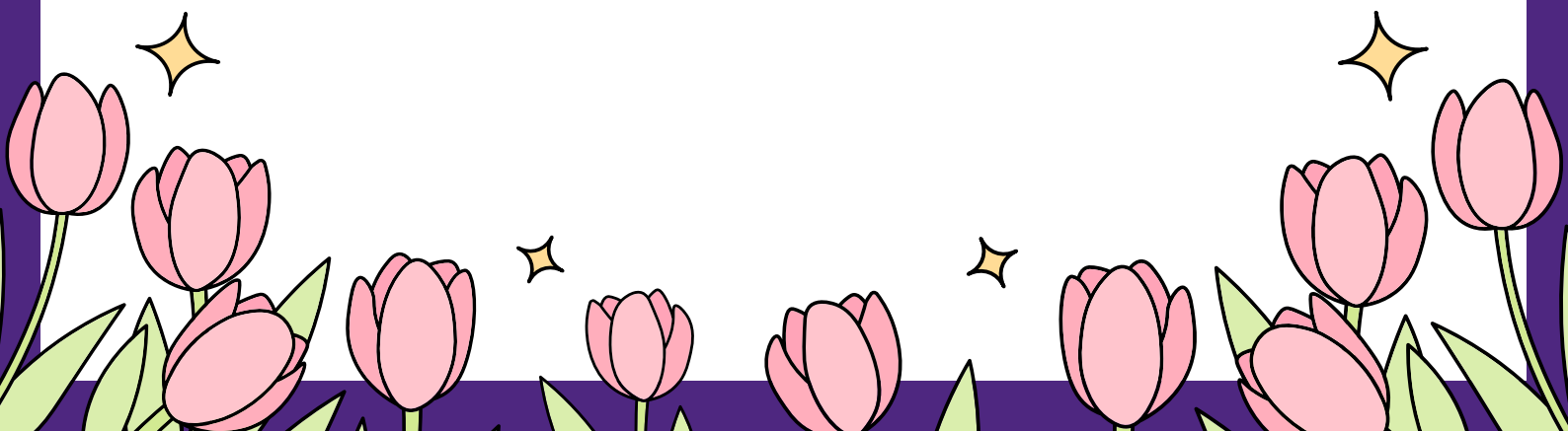


The weather is



Today I feel....

Mini activity: Draw your face showing today's mood!



Day _____

Date _____

GRATITUDE PAGE

3 Things I'm Thankful For Today! 🥰

Draw what made you smile today. 😊

Today I learned

Today I helped

Day _____ Date _____

MY ENERGY LEVELS ⚡

(HEALTHY HABITS TRACKER)

Did you drink enough water today? 💧

Mini activity: Draw 5 water droplets and color them!



Day _____

Date _____

MY ENERGY LEVELS ⚡

(HEALTHY HABITS TRACKER)

Did you move your body today? 🧚‍♀️

Miniactivity: Tick if you've done the following activities today.



dancing



walking



playing



exercising



cycling



jumping

Day _____

Date _____

"WOULD YOU RATHER?" CHALLENGE

Would you rather play outside for an hour or do a craft project indoors? Tick your choice.



Would you rather read a book or listen to a fun bedtime story? Tick your choice.

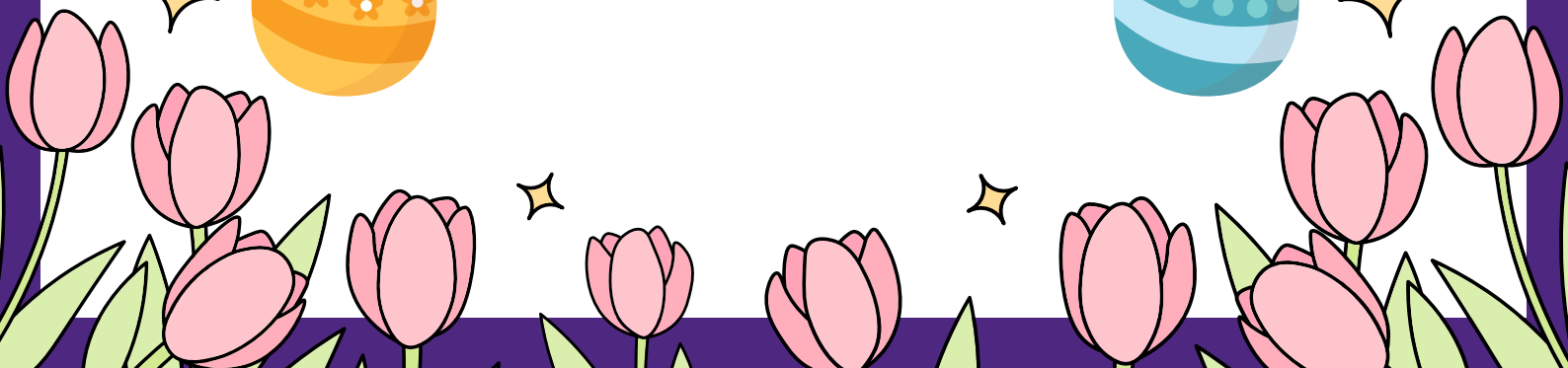
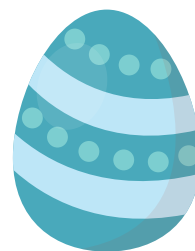
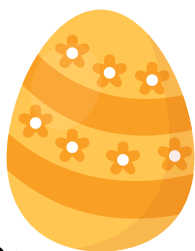
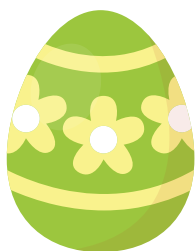
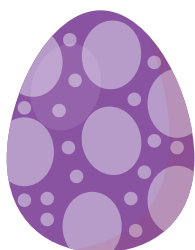
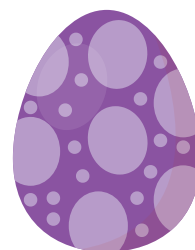
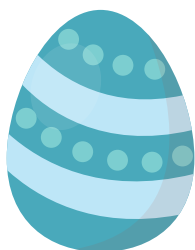


Would you rather paint with your hands or make a collage using old magazines? Tick your choice.



Day _____ Date _____

"MATCH THE EGGS" CHALLENGE



Day _____ Date _____

SECRET CODE

Secret Code Key:

A = 1, B = 2, C = 3, D = 4, E = 5, F = 6, G = 7,
H = 8, I = 9, J = 10, K = 11, L = 12, M = 13, N = 14,
O = 15, P = 16, Q = 17, R = 18, S = 19, T = 20,
U = 21, V = 22, W = 23, X = 24, Y = 25, Z = 26

Crack the Code:

 What is your next no-gadget adventure?

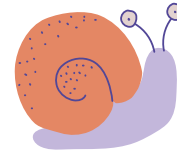
8 - 1 - 22 - 5 / 1 / 16 - 1 - 9 - 10 - 20 / 14 - 9 - 7 - 8 - 20 !

Write your answer here: 

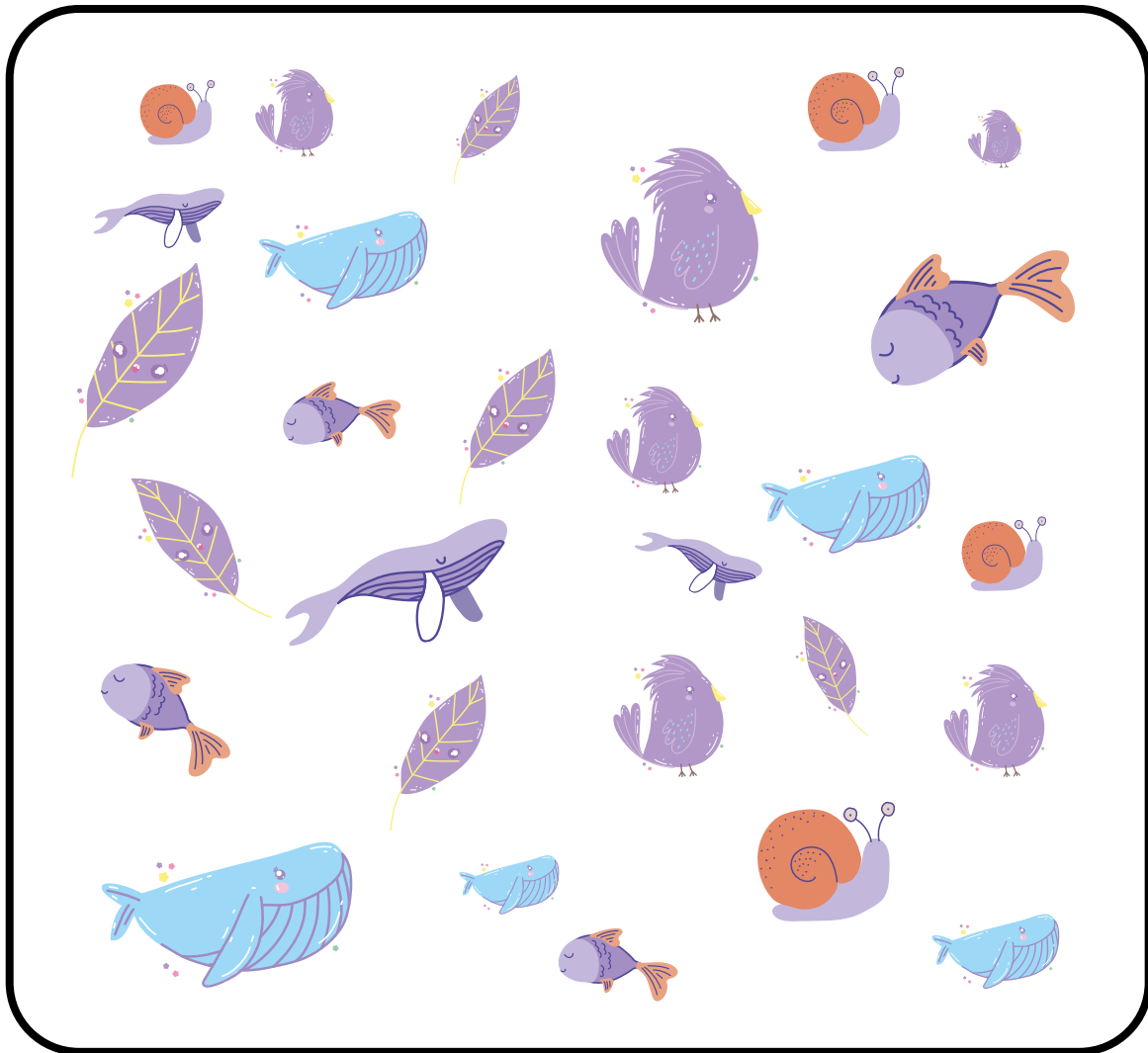
Day _____

Date _____

LET'S COUNT!



Count the characters and write their numbers.



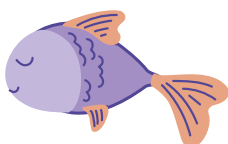
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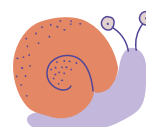
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Day _____

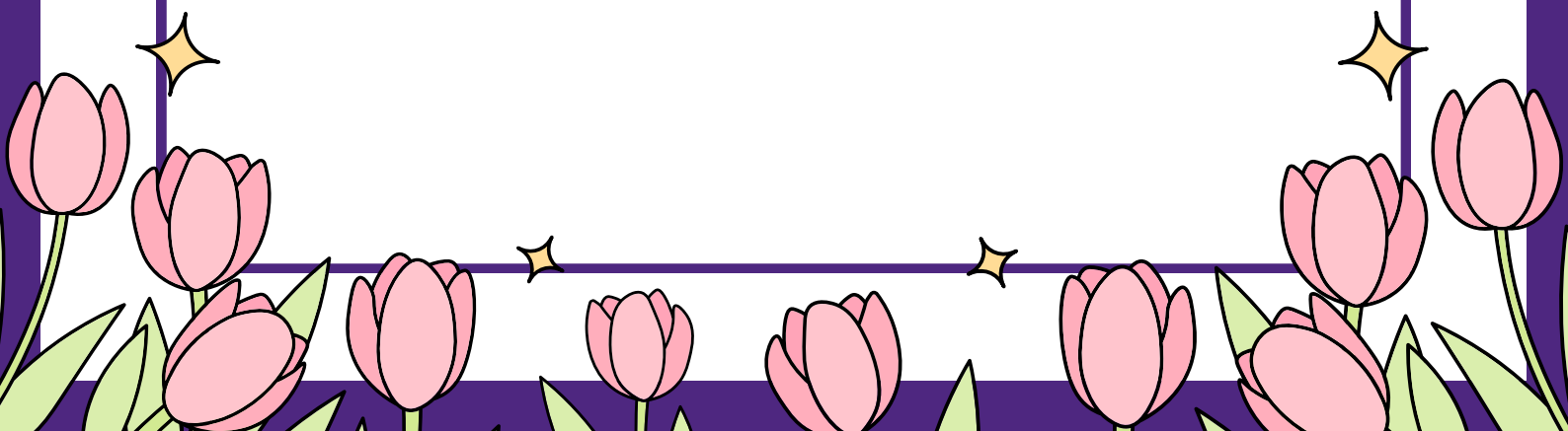
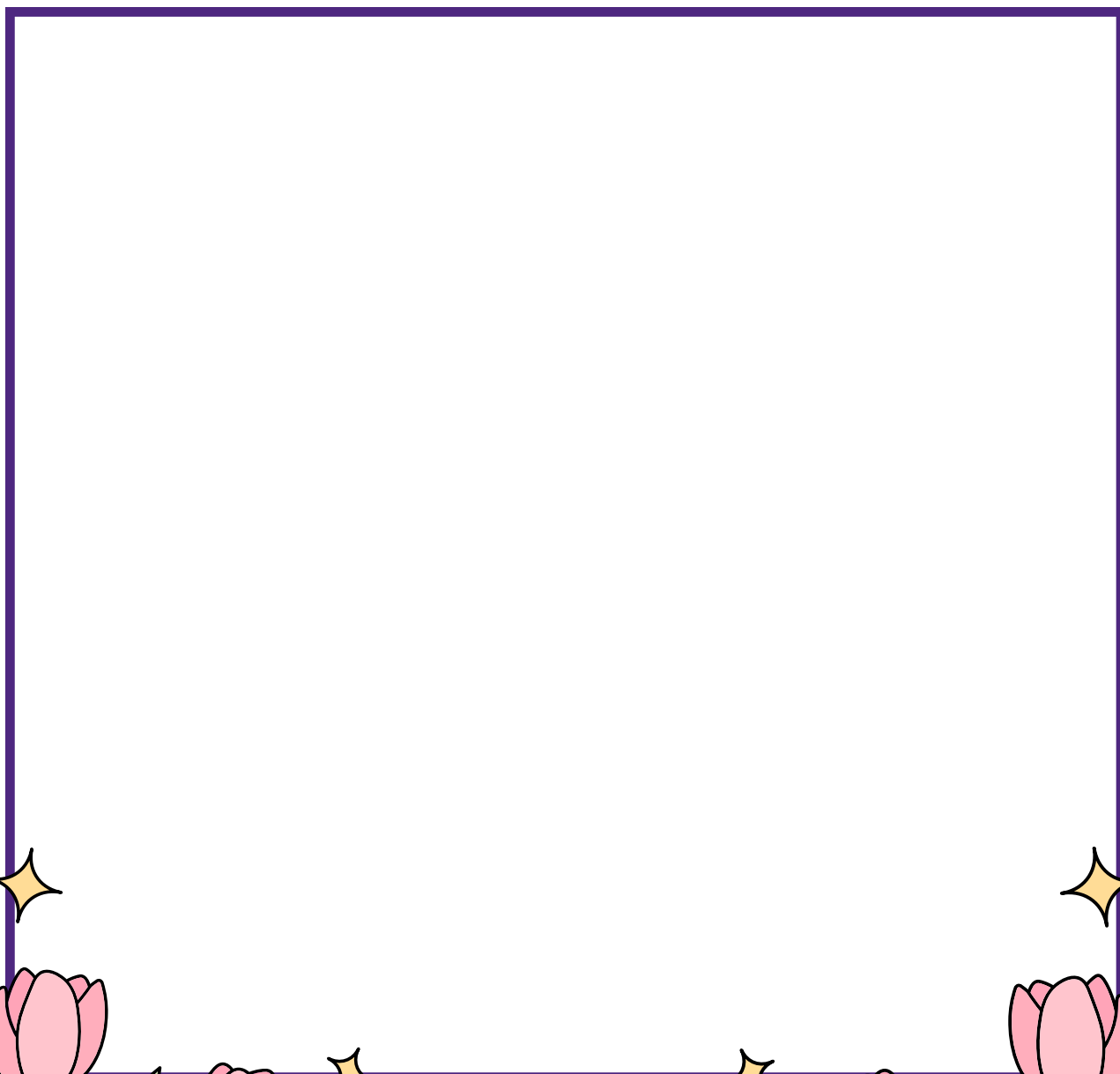
Date _____

MIRROR DRAWING



Sit in front of a mirror and try drawing your own face while looking at the mirror!

You shouldn't look down at the paper till you finish drawing—the results are funny & weird!



WEEKLY CHORE CHECKLIST



Morning Chores

M T W T F S S

Make bed
Brush teeth
Wash face.
Get dressed.
Eat breakfast.
Put dirty clothes in the laundry
Tidy up bedroom.



Night Time Chores

M T W T F S S

Brush teeth.
Wash face.
Put dirty dishes in the sink.
Lay out clothes for the next day.
Pack school bag.
Put away toys and games.
Set out items needed for the next day
Read or prepare for bedtime.



WHAT IDEAS FOR A NO-GADGET ZONE

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