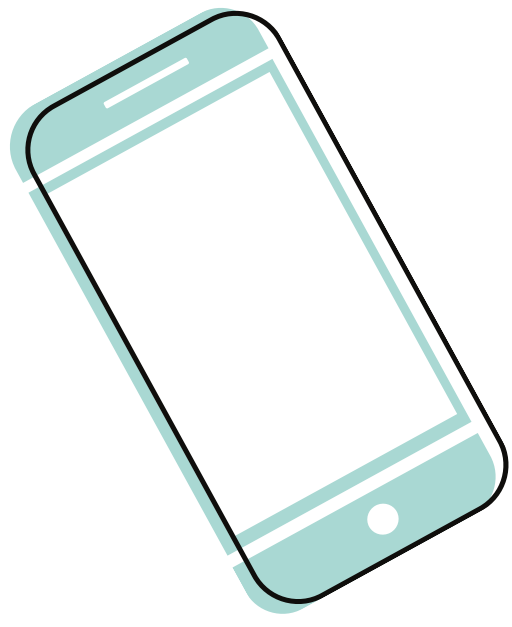


SCREEN TIME



Checklist

MORNING

Have You?

- Dressed for the day
- Picked up your room
- Made your bed
- Brushed your teeth
- Read for 20 minutes
- _____
- _____

✓ Yes? You can now have some screen time

AFTERNOON

Have You?

- Put your backpack away
- Put your shoes away
- 30 minutes outside play
- Finished homework
- Read for 20 minutes
- _____
- _____

✓ Yes? You can now have some screen time

WEEKENDS

Have You?

- Dressed for the day
- Picked up your room
- Made your bed
- Brushed your teeth
- Read for 20 minutes
- 30 minutes outside play
- 30 minutes creative play
- _____
- _____

✓ Yes? You can now have some screen time

