

Summer

SCREEN TIME CHECKLIST



HAVE YOU

- | | |
|---|---|
| <input type="checkbox"/> Brushed Your Teeth | <input type="checkbox"/> Eaten Breakfast |
| <input type="checkbox"/> Brushed Your Hair | <input type="checkbox"/> Made Your Bed |
| <input type="checkbox"/> Gotten Dressed | <input type="checkbox"/> Completed Chores |

GREAT, Now You Can Start Earning Screen Time.

For every 30 minutes you spend doing one of these activities, you can earn 15 minutes of screen time.

- ☐ Read a Book
- ☐ Exercise Your Creativity (Draw, Paint, Journal, Make a Craft)
- ☐ Build Something (Legos, Blocks, A Fort)
- ☐ Play Outside
- ☐ Work in Your Summer Workbook
- ☐ Play a Board Game
- ☐ Listen To Music/ Have a Dance Party