



# SCREEN TIME CHECKLIST



## MORNING

Have you?

- Dressed for the day
- Put your pyjamas away
- Made your bed
- Cleaned your teeth
- Brushed your hair
- 20 minutes of reading time
- Packed your bag
- Put shoes and socks on

✓ **YES?** You can now have some screen time!



## AFTERNOON

Have you?

- Unpacked your bag
- Put your bag and shoes away
- 30 minutes of outside play
- Finished your home work
- 20 minutes of reading time
- Completed a chore

✓ **YES?** You can now have some screen time!



## WEEKENDS & HOLIDAYS

Have you?

- Dressed for the day
- Put your pyjamas away
- Made your bed
- Cleaned your teeth
- Brushed your hair
- 20 minutes of reading time
- 30 minutes of creative play
- 30 minutes of outside play
- Completed a chore

✓ **YES?** You can now have some screen time!



## 10 PLAY IDEAS

### CREATIVE

- writing
- drawing/colouring
- lego/building blocks
- playdough
- listen/dance to music

### OUTDOOR

- run/walk/skip
- ball games
- ride a bike
- cartwheels
- play with your pet/s