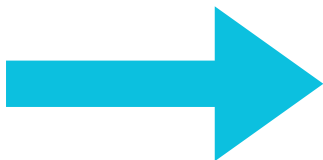


Name _____

SCREEN TIME RULES

HAVE YOU:

- MADE YOUR BED
- BRUSHED YOUR TEETH
- HAD BREAKFAST
- PICKED UP YOUR ROOM
- READ A BOOK FOR 20 MINS
- DONE SOMETHING CREATIVE
- COMPLETED CHORES
- FINISHED HOMEWORK
- HELPED SOMEONE / MADE A GOOD ACTION
- WRITTEN OR DREW FOR 15 MINS
- PLAYED OUTSIDE FOR 30 MINS
- GOTTEN DRESSED / BRUSHED YOUR HAIR



YOU CAN USE ELECTRONICS