

SCREEN TIME RULES

HAVE YOU?

- ☐ BRUSHED YOUR TEETH
- ☐ BRUSHED YOUR HAIR
- ☐ GOTTEN DRESSED
- ☐ MADE YOUR BED
- ☐ PICKED UP YOUR ROOM
- ☐ FINISHED YOUR CHORES
- ☐ READ FOR 20 MINUTES
- ☐ COLORED/WRITING FOR 20 MINUTES
- ☐ PLAYED OUTSIDE FOR 30 MINUTES
- ☐ CLEANED UP ALL YOUR TOYS
- ☐ DONE SOMETHING NICE FOR SOMEONE ELSE



**NOW YOU CAN
USE ELECTRONICS**