

Screen Time Rules

Have you...

- Made your bed
- Eaten breakfast
- Cleaned your teeth
- Brushed your hair
- Gotten dressed

Plus...

- 20 minutes of reading
- Cleaned your room
- 20 minutes of writing or colouring
- Made or built something creative
- Played outside for 30 minutes
- Asked and helped somebody

Then you can have screen time!

A decorative footer at the bottom of the page consists of a horizontal bar divided into several colored segments: purple, blue, green, yellow, and orange.