

SCREEN TIME PER DAY

1.5 hour weekdays

3 hours weekends/holidays



Token Value = 5 minutes

AGE-APPROPRIATE ACTIVITIES & CHORES FOR TOKENS

Physical Activity

- Go for a bike ride
- Roller blading
- Practice for sport
- Ride bike or walk to school
- Walk the dog

Reading / Educational

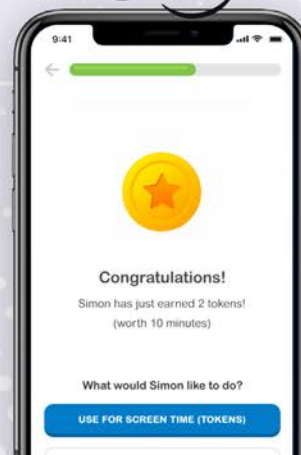
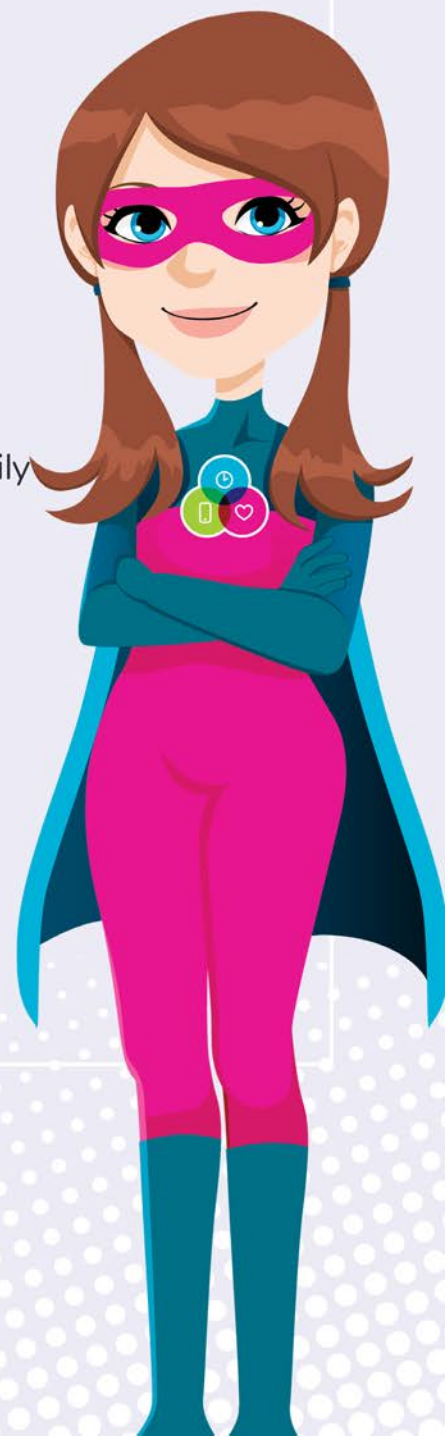
- Listen to audio book or podcast for 20 mins
- Read a book, magazine
- Play a musical instrument
- Play chess
- Do homework

Fun Non-Screen Activities

- Singing
- Bake a cake / cook a simple meal
- Play a board game or role playing game
- Jigsaw puzzles
- Tell your Mum you love her
- Play with younger sibling

Chores

- Fold washing
- Put clothes away
- Brush teeth
- Have shower
- Set the table
- Put dirty plates away
- Tidy the kitchen
- Do dishes
- Wipe down benches
- Cook a meal for the family
- Sweep the floor
- Mow the lawn



Helping you navigate your way through technology with kids