

2-5 YEARS



ScreenCoach

SCREEN TIME PER DAY

1 hour weekdays

2 hours weekends/holidays



Token Value = 1 minute

AGE-APPROPRIATE ACTIVITIES & CHORES FOR TOKENS

Chores

- Put dirty clothes in basket
- Pick up toys
- Get themselves dressed
- Brush teeth
- Have shower or bath
- Set the table
- Put dirty plates away

Reading / Educational

- Listen to audio book for 15 mins
- Read or look through a picture book
- Musical instrument play (eg drums, maracas)
- Drawing or painting
- Play a board or card game
- Jigsaw puzzle

Physical Activity / Wellbeing

- Jump on the trampoline
- Dance to 3 favourite songs
- Play outside with toys or sand pit
- Play with a big ball (eg kick, throw and catch)
- Eat a piece of fruit

Fun Non-Screen Activities

- Dress ups
- Blocks or Lego
- Water play
- Painting or drawing
- Singing nursery rhymes
- Play doh

Helping you navigate your way through technology with kids

