



SCREEN TIME PER DAY

1.5 hour weekdays

3 hours weekends/holidays



Token Value = 5 minutes

AGE-APPROPRIATE ACTIVITIES & CHORES FOR TOKENS

Physical Activity

- Jump on the trampoline
- Sport practice
- Play with a ball
- Ride bike or walk to school
- Walk the dog
- Eat a piece of fruit

Reading / Educational

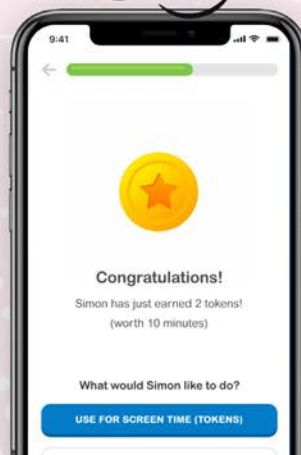
- Listen to audio book for 20 mins
- Read a book independently
- Play a musical instrument
- Drawing or painting
- Practice times tables
- Do homework
- Write a letter and post it

Fun Non-Screen Activities

- Lego
- Painting or drawing
- Singing
- Bake a cake/cook a simple meal

Chores

- Get ready for school routine:
 - Make snack & lunch
 - Pack bag
 - Brush teeth
 - Make bed
- Put dirty clothes in basket
- Fold washing
- Put clean clothes away
- Brush teeth
- Have shower or bath
- Set the table
- Put dirty plates away
- Tidy kitchen
- Help with meal preparation
- Sweep the floor



Helping you navigate your way through technology with kids