

SCREEN TIME PER DAY

1 hour weekdays

2.5 hours weekends/holidays



Token Value = 2 minutes

AGE-APPROPRIATE ACTIVITIES & CHORES FOR TOKENS

Physical Activity / Wellbeing

- Jump on the trampoline
- Dance to 3 favourite songs
- Play outside
- Play with an agility ball
- Ride bike or walk to school with carer or friends

Reading / Educational

- Listen to audio book for 20 mins
- Read a book independently
- Play with a musical instrument
- Drawing or painting
- Play a board or card game

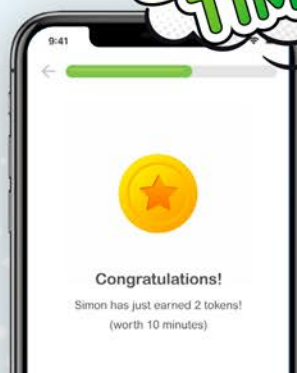
Fun Non-Screen Activities

- Dress ups
- Blocks or Lego
- Painting or drawing
- Singing
- Play with pets

Chores

- Get ready for school routine:
 - Make snack & lunch
 - Pack bag
 - Brush teeth
 - Make bed
- Put dirty clothes in basket
- Pick up toys
- Put clean clothes away
- Brush teeth
- Have shower or bath
- Feed pets
- Set the table
- Dirty plates away

Helping you navigate
your way through
technology with kids



**EARN
SCREEN
TIME!**

