



MY SCREEN TIME RULES



Healthy habits today, happy moments every day!

I finish my homework before screen time.



I ask before using phone or tablet.



I do not use screens during meals.



I stop when my screen time is over.



I do not use screens before bedtime.



I play outside and read books every day.



I take a break after 30 minutes.



I keep screen away from my eyes.



I follow family screen time rules.



I sit properly while using screens.



SCREEN TIME ALLOWED PER DAY: minutes

PARENT SIGNATURE: _____

CHILD SIGNATURE: _____



GOOD CHOICES TODAY, BRIGHT FUTURE TOMORROW! ★