

SUMMER SCREEN TIME RULES

BEFORE SCREEN TIME, HAVE YOU?

_____ MADE YOUR BED

_____ BRUSHED YOUR TEETH & HAIR

_____ PUT PJ'S AWAY & GOTTEN DRESSED

_____ EATEN BREAKFAST & CLEARED YOUR PLACE

_____ READ FOR 10 MINUTES

_____ STRAIGHTEN UP YOUR ROOM

_____ EXERCISED OR PLAY OUTSIDE FOR 10 MINUTES