

EARN screen time

Tasks to do before getting screen time

from betamomma.com

E

EDUCATIONAL

Have you done any learning activities such as reading a book or math problems or reading about something in nature or history?



A

ACTIVE

Have you danced, jumped, or moved around? Customize to your own ability -2 minutes 3 times a day or 45 minutes twice a day!



R

REST

Have you enough rest? Will being on digital devices take away from time sleeping or interrupt your sleep routine?



N

NUTRITION

Have you had fruits and veggies today? Let's aim for 5 a day! Have you had something with protein? Have you drank a lot of water?

