

The **SCREEN** Checklist

Tasks to do before getting screen time

from betamomma.com

S

SLEEP

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



C

CREATE

Have you been creative today? Making art, building with legos, jotting down thoughts in a journal, or making a video?



R

READING/WRITING/ARITHMETIC

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



E

EXERCISE

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



E

EAT HEALTHY

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?



N

NEAT

Is your body & space neat? Have you brushed your teeth & showered? Have you cleaned up your desk or floor or put away your laundry?

