

screen time **PLAN**

Help your child find a healthy balance between screentime and green time by setting a clear screentime plan. Get the whole family involved in deciding what goes on it. Children are more inclined to stick to a plan they feel they were part of creating. Put this up on the fridge or near a computer, so everybody can see it. Different rules may apply for kids of different age.

When I can go online

How long I can be online

Weekday: _____

Weekend: _____

Agreed bedtime (screens will need to be switched off one to two hours before bed)

What happens if I break the rules?

How I would like mum and dad to model healthy screentime habits

Offline activities I can do instead

- Read a book
- Play board games
- Play an instrument
- Dance
- Arts and craft
- Science experiments

Exercise I have done this week

(the aim is for at least 60 minutes of moderate to vigorous intensity physical activity every day)

- | | |
|-----------------------------|-------|
| Swim | Walk |
| Run | Dance |
| Cycle | |
| Kick a ball in the backyard | |
| Jump on the trampoline | |
| Play on the monkey bar | |

Want to read more? MumsAtTheTable.com/screentime_vs_green_time_wellbeing_with_collett