

# SUMMER

## SCREENTIME RULES

# HAVE YOU?

- Brushed your teeth & hair
- Gotten dressed
- Made your bed
- Cleaned your room
- Finished your chores
- Read for 20 minutes
- Played outside for 30 minutes
- Got creative for 20 minutes (drawing, writing, crafts)
- Picked up your toys
- Asked a parent or sibling if they need your help