

Summer **SCREEN TIME** Contract

HAVE YOU

- Brushed Your Teeth
- Brushed Your Hair
- Gotten Dressed
- Eaten Breakfast
- Made Your Bed
- Completed Chores

GREAT, Now You Can Start Earning Screen Time.

For every 30 minutes you spend doing one of these activities, you can earn 15 minutes of screen time.

- Read a Book
- Exercise Your Creativity (Draw, Paint, Journal, Make a Craft)
- Build Something (Legos, Blocks, A Fort)
- Play Outside
- Work in Your Summer Workbook
- Play a Board Game
- Listen to Music/Have a Dance Party