

Summer SCREEN TIME RULES

You may have screen time as long as you do the following before you switch on:

HAVE YOU...

☐	Made your bed?
☐	Brushed your teeth & hair & got dressed?
☐	Done 30 minutes of reading?
☐	Done 30 minutes of crafting or writing?
☐	Played outside for at least 30 minutes?
☐	Tidied your room & packed away toys?
☐	Offered to help someone?

If yes, you may have TV and gaming time for

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the following before you switch on:*

HAVE YOU...

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If yes, you may have TV and gaming time for