

Screen Time Balance Guide

Worksheet: My Healthy Screen Habits

1. My Daily Screen Time Plan:

- How much screen time is allowed per day?
- What time of day is best for screen use?
- When should I take a break from screens?

2. Fun Activities Without Screens:

- List 3 fun things you can do instead of screen time:

1.
2.
3.

3. Screen Time Check-In:

- How do I feel after using screens for a long time?

(Circle one: Tired / Happy / Bored
/ Excited / Frustrated)

- What can I do to make screen time healthier?

4. My Weekly Screen Time Goals:

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5. My Screen-Free Family Challenge:

- Pick one evening per week to have a "screen-free" family night.

What will we do instead?