

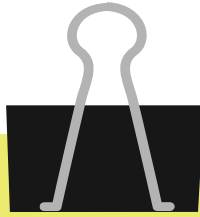
## SCREEN TIME AGREEMENT

Unplugging regularly isn't just smart for kids—it's really healthy for grown-ups too. And when families decide how to spend their screen time when they're together, everyone is happier. Now, your grown-ups are still in charge of the big rules, like how much time you have each day and what you're allowed to watch or play. This activity is more about creating tech-free zones in your family's day.

Take a look at the list of possible ideas, talk them over with your grown-ups and siblings, then write down the ones that work best for everyone on our screen time agreement.

- Family meals
- Short car rides
- Games/Meets/Matches
- Bedtime
- Weekend mornings
- Weekend afternoons
- Before school
- Family movie night
- Family game night
- Family outings





**WE AGREE TO BE TECH-FREE!**

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