Summer Screen Time Checklist

No Screen Time Until...

- ☐ Get Dressed
- Brush Your Teeth
- Eat Breakfast
- Make Your Bed
- Pick Up Your Room
- Do One Household Chore
- Read 30 Minutes
- Build/Create for 30 Minutes
- Play Outside for 30 Minutes
- Show Gratitude to Someone
- Say One Kind Thing to Each

Family Member

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