

# Have I had



## too much screen time?

☐ It's time to turn off the screen, but I can't control my big feelings

☐ I agree to turn off the screen, but then I don't

☐ I forgot something I'm supposed to do

☐ I'm hungry but I skip meal time for more screen time

☐ I ignore my chores

☐ If an alien landed between me and the screen, I'd tell it to move

☐ I ignore my homework

☐ I ignore my friends

☐ I forget about all of the other fun toys that I have

☐ I forget about all of the other fun activities that I enjoy doing

☐ I have been on a screen for more than 2 hours today

☐ I can't remember what sound a duck makes

# What can I do instead?

- ♥ Turn on Music and Dance
- ♥ Exercise
- ♥ Read
- ♥ Color or Draw
- ♥ Play with Toys
- ♥ Play Dress Up
- ♥ Write a Story or Song
- ♥ Homework
- ♥ Take a Nap
- ♥ Use my Imagination
- ♥ Prepare for Meal Time
- ♥ Call a Friend or Relative
- ♥ Play an Instrument
- ♥ Play a Game
- ♥ Learn a Magic Trick
- ♥ Stretch my Muscles
- ♥ Get Ready for Tomorrow
- ♥ Write to a Friend
- ♥ Tidy up Toys
- ♥ Explore Nature
- ♥ Write a Love Note or Joke
- ♥ Quack like a duck