SCREEN MOOD TRACKER

Each day, after you use a screen, draw an emoji to represent how you feel.

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

Examples:

 Happy

 Sad

 Sick

 Angry

SUMMER BUCKET LIST

Write what you want to experience, learn, and achieve this summer in the bucket!



SCREEN TIME ALTERNATIVES

Here are 25 engaging alternatives to screen time. Highlight at least 5 you'll try!

1. **Outdoor Sports**: Try basketball, soccer, pickle ball or something new!
2. **Gardening**: Start a small garden or even a windowsill herb garden.
3. **Reading**: Visit the library and explore new books or do a challenge.
4. **Crafts**: Create an art project from 5 things in the neighborhood.
5. **Biking**: Explore local trails or neighborhoods on a bike.
6. **Hiking**: Discover nearby hiking trails and enjoy nature.
7. **Cooking/Baking**: Try new recipes together and learn cooking skills.
8. **Games and Puzzles**: Have a family game night with board games.
9. **Swimming**: Visit a local pool or beach for a swim.
10. **Camping**: Set up a tent in the backyard or go on a camping trip.
11. **Music Lessons**: Learn to play a new musical instrument.
12. **Volunteering**: Engage in community service or volunteer.
13. **Photography**: Explore photography and create a summer photo album.
14. **DIY Projects**: Build or create something new, like birdhouses or model kits.
15. **Writing**: Start a journal, write stories, or create poetry.
16. **Scavenger Hunts**: Organize a scavenger hunt in the yard or a local park.
17. **Yoga/Meditation**: Do five yoga poses near a tree outside.
18. **Dance**: Learn and practice new dance styles or choreograph a routine.
19. **Stargazing**: Spend an evening watching the stars.
20. **Fishing**: Spend a day fishing at a local lake or river.
21. **Kite Flying**: Make and fly kites on a windy day.
22. **Learning a New Skill**: Try knitting, sewing, or another craft.
23. **Local Exploration**: Visit museums, historical sites, or local attractions.
24. **Storytelling**: Share stories from family history or invent new ones.
25. **Pet Care**: Spend time caring for and playing with pets.

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SCREEN TIME CONTRACT BETWEEN ME & MYSELF

This is a contract between me and myself about screen time.

Initial each line below:

___ Before I go on a device, I promise to think about my goal for being on the device.

___ I promise not to use my device in these situations (write them here):

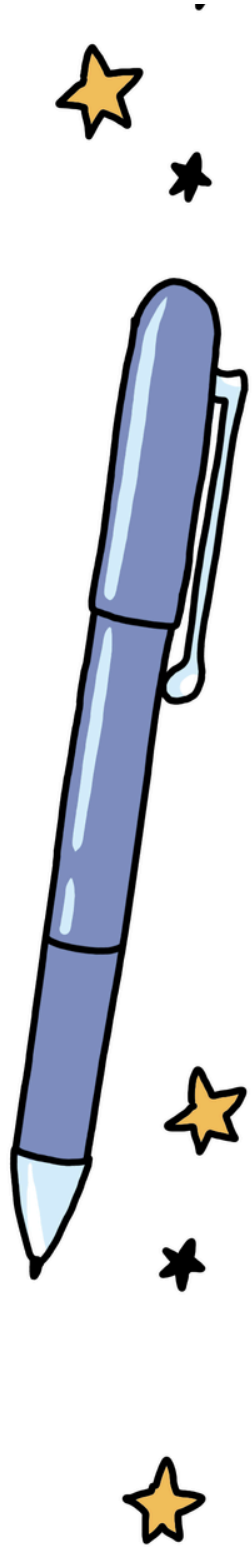
_____

_____

___ I promise to take a break every _____ when I use a device.

___ When I have a hard time turning off my screen, I'll repeat this to myself: I have the power to turn off the power, anytime I want, on any device I'm on.

Sign: _____



SCREEN TIME CONTRACT

Daily Time Limits

- ○ I agree to the daily time limits set for weekdays & weekends.

Homework First

- ○ I will finish homework & other responsibilities before screen time.

Mealtime Rules

- ○ I will not use screens during family meals.

Bedtime Limit

- ○ I will not use screens an hour before bedtime.

Outdoor Play

- ○ I will play outside and do physical activities before screentime.

Educational Content

- ○ I will use part of my screen time for educational content.

Parental Approval

- ○ I will ask for parental approval before downloading apps/games.

Screen-Free Zones

- ○ I will respect screen-free zones, such as bedrooms.

Child's Signature: _____

Parent's Signature: _____

Date: _____

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SCREEN TIME CONTRACT

Daily Time Limits

Homework First

Mealtime Rules

Bedtime Limit

Outdoor Play

Educational Content

Parental Approval

Screen-Free Zones

Child's Signature: _____

Parent's Signature: _____

Date: _____

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SCREEN TIME GUIDELINES

Daily Time Limits:

- ◯ Weekdays: __ hours per day, Weekends: __ hours per day

Homework First:

- ◯ No screen time until responsibilities are completed

Mealtime Rules:

- ◯ No screens during family meals

Bedtime Limit:

- ◯ No screens ___ minutes before bedtime

Outdoor Play:

- ◯ Outdoor play and physical activities before screen time

Educational Content:

- ◯ A part of screen time should be dedicated to educational content

Parental Approval:

- ◯ Parental approval before downloading new apps/games

Screen-Free Zones:

- ◯ These areas are screen-free: _____

SCREEN TIME GUIDELINES

Daily Time Limits:

Homework First:

Mealtime Rules:

Bedtime Limit:

Outdoor Play:

Educational Content:

Parental Approval:

Screen-Free Zones:

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