

WELLNESS WEDNESDAY

Screen Time Tracker

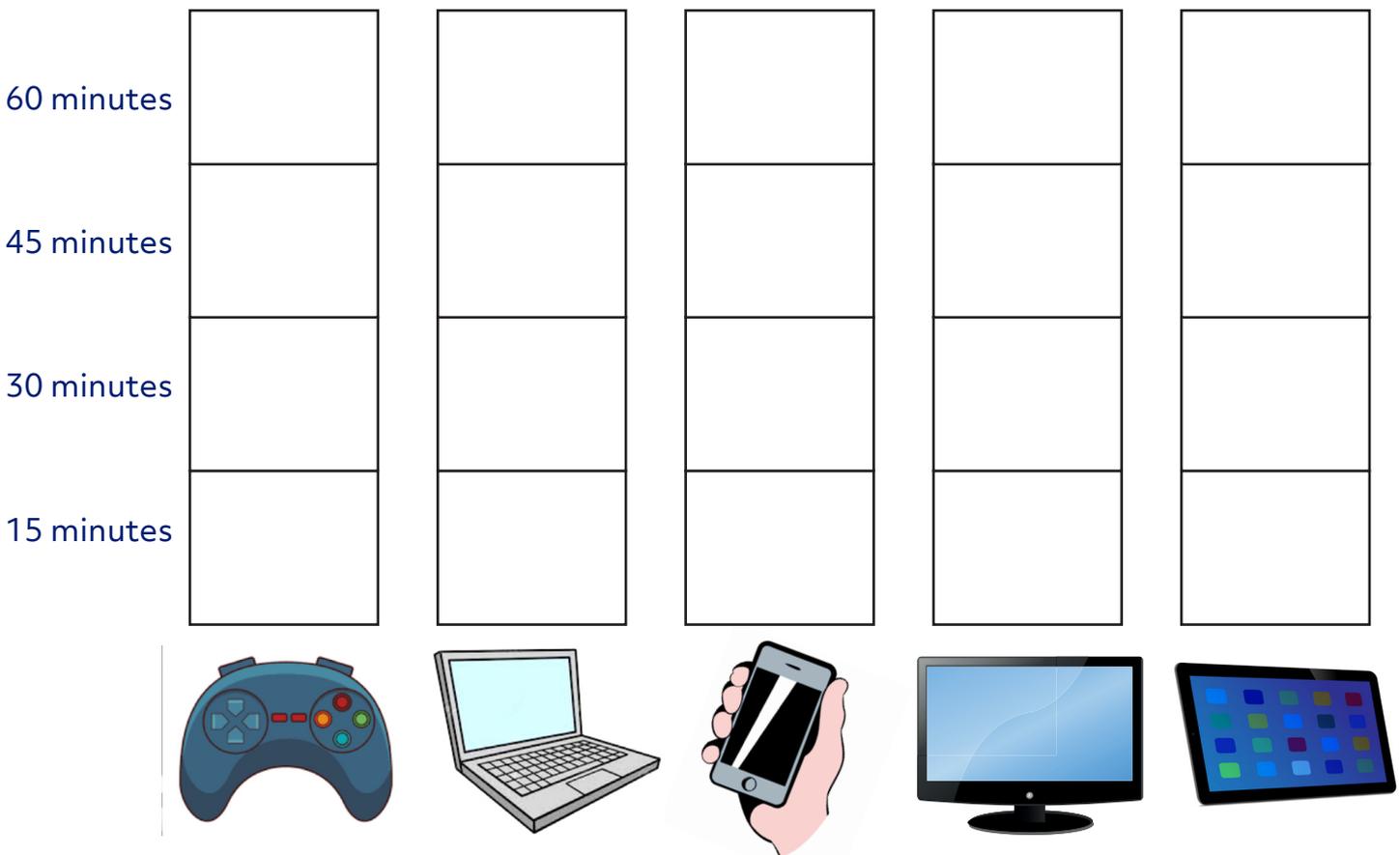


Foundation

Be sure to include time with phones and other handheld devices.

Put up the chart somewhere that you will remember to update it. Colour a time section for each device that you use today. Add up all your combined screen time at the end of the day.

If your screen time outside of school work is two hours or more per day, its time to get up and get active!



Did you know?

Two hours of screen time before bed can not only make it hard to get to sleep but will also affect the quality of your sleep.

Screen time affects dream time!

LET THEM PLAY