

# Summer Screen Time Rules!



School's out, but you need to help out around the house! Before asking for screen time, pick three of these activities to complete:

- Read** for 30 minutes
  - Play** outside for 1 hour
  - Write** a short story
  - Make** your bed
  - Get 20 minutes of **exercise**
  - Empty/load the **dishwasher**
  - Sweep** the kitchen
  - Draw** or color for 30 minutes
  - Tidy your **bedroom**
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- Bring dirty cups to the **kitchen**
  - Vacuum** one room
  - Play with your pet** for 15 minutes
  - Water your **plants**
  - Take out the **trash**
  - Fold** laundry
  - Clean up** after your pet
  - Take out the **recycling**
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