

Guiding parents through the challenges of creating a tech-life-balance

www.myscreencoach.com



ScreenCoach

RECOMMENDED SCREEN TIME PER DAY

1 hour weekdays
2 hours weekends/holidays



Token Value = 1 minute

AGE-APPROPRIATE ACTIVITIES & CHORES FOR TOKENS

Chores

- Put dirty clothes in basket
- Pick up toys
- Get dressed
- Brush teeth
- Have shower or bath
- Set the table
- Put dirty dishes in dishwasher

Reading / Educational

- Listen to an audio book for 15 mins
- Read or look through a picture book
- Play a musical instrument (e.g. drums, guitar, maracas etc)
- Drawing or painting
- Play a board or card game
- Jigsaw puzzle

Physical Activity / Wellbeing

- Jump on the trampoline
- Dance to their favourite 3 songs
- Play outside with toys or sand pit
- Play with a big ball (eg kick, throw and catch)
- Eat a piece of fruit

Fun Non-Screen Activities

- Dress ups
- Blocks or Lego®
- Water play
- Painting or drawing
- Singing nursery rhymes
- Play-Doh®



RECOMMENDED SCREEN TIME PER DAY

1 hour weekdays
2.5 hours weekends/holidays



Token Value = 2 minutes

AGE-APPROPRIATE ACTIVITIES & CHORES FOR TOKENS

Chores

- Get ready for school routine:
 - Make snacks and/or lunch
 - Pack bag
 - Brush teeth
 - Make bed
- Put dirty clothes in basket
- Pick up toys
- Put clean clothes away
- Brush teeth
- Have shower or bath
- Feed pets
- Set the table
- Put dirty plates in dishwasher

Physical Activity / Wellbeing

- Jump on the trampoline
- Dance to their favourite 3 songs
- Play outside
- Play with an agility ball
- Ride bike or walk to school with carer or friends

Reading / Educational

- Listen to audio book for 20 mins
- Read a book independently
- Play with a musical instrument
- Drawing or painting
- Play a board or card game

Fun Non-Screen Activities

- Blocks or Lego®
- Painting or drawing
- Play with pets
- Dress ups
- Singing



RECOMMENDED SCREEN TIME PER DAY

1.5 hours weekdays
3 hours weekends/holidays



Token Value = 5 minutes

AGE-APPROPRIATE ACTIVITIES & CHORES FOR TOKENS

Physical Activity

- Go for a bike ride
- Go rollerblading or skateboarding
- Practise a sport
- Ride bike or walk to school
- Walk the dog

Fun Non-Screen Activities

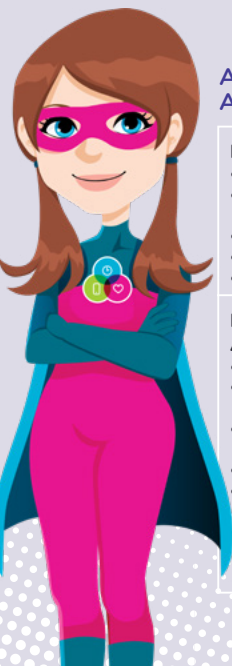
- Singing
- Bake a cake / cook a simple meal
- Play a board game or role playing game
- Jigsaw puzzles
- Tell your parents you love them
- Play with younger sibling

Chores

- Fold washing
- Put clothes away
- Brush teeth
- Have a shower
- Set the table
- Put dirty plates in dishwasher
- Tidy the kitchen
- Put clean dishes away
- Wipe down benches
- Cook a meal for the family
- Sweep the floor
- Mow the lawn

Reading / Educational

- Listen to audio book or podcast for 20 mins
- Read a book or magazine
- Play a musical instrument
- Play chess
- Do homework



RECOMMENDED SCREEN TIME PER DAY

1.5 hours weekdays
3 hours weekends/holidays



Token Value = 5 minutes

AGE-APPROPRIATE ACTIVITIES & CHORES FOR TOKENS

Chores

- Get ready for school routine:
 - Make snacks and/or lunch
 - Pack bag
 - Brush teeth
 - Make bed
- Put dirty clothes in basket
- Fold washing
- Put clean clothes away
- Brush teeth
- Have shower or bath
- Put dirty plates in dishwasher
- Set the table
- Tidy kitchen
- Help with meal preparation
- Sweep the floor

Fun Non-Screen Activities

- Lego®
- Painting or drawing
- Singing
- Bake a cake/cook a simple meal

Physical Activity

- Jump on the trampoline
- Dance to their favourite 3 songs
- Play with a ball
- Ride bike or walk to school
- Walk the dog
- Eat a piece of fruit

Reading / Educational

- Listen to audio book for 20 mins
- Read a book independently
- Play a musical instrument
- Drawing or painting
- Practice times tables
- Do homework
- Write a letter and post it

