

Screen-Time

Rules...



**To earn 2 hours of screen time
you must...**

- ✓ MAKE YOUR BED
- ✓ BRUSH YOUR TEETH
- ✓ TIDY YOUR BEDROOM
- ✓ READ FOR AT LEAST 20 MINUTES
- ✓ SPEND 30 MINS DOING SOMETHING CREATIVE
- ✓ COMPLETE 2 CHORES
- ✓ USE YOUR MANNERS

Time (20 mins) will be deducted for...

- ✗ ARGUING/FIGHTING WITH SIBLING
- ✗ NAME CALLING
- ✗ YELLING