

# 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**
- 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**