

**BEFORE YOU ASK
FOR SCREEN
TIME,
ASK YOURSELF:**



**HAVE I DONE
SOMETHING
INFORMATIVE?**

Like reading.



**HAVE I DONE
SOMETHING
CREATIVE?**

Like drawing, practicing music



**HAVE I DONE
SOMETHING
ACTIVE?**

*Like exercise, riding bikes, yoga,
dancing.*



**HAVE I DONE
SOMETHING
RESPONSIBLE?**

*Like chores or helping around the
house?*

**YOU ONLY NEED
TO DO 20-30
MINUTES OF EACH.**