

Screening Considerations

The screens available to me are:

The activities I like to do on screens are:

The activities I like to do when I am not on a screen are:

My favorite times and days to use my screens are:

The rules I should have for my screens are:

If I break the rules of getting off my screen, my consequence should be:

Getting off my screen when I am having fun can be difficult. It would be helpful if: