

A colorful graphic for a 'Summer Screen Time Contract'. The background is light blue with white clouds. In the center is a large, bright yellow sun with rays. Surrounding the sun are several electronic devices: a smartphone, a tablet, and a laptop, each appearing to be floating in a hot air balloon basket. A red banner with white diagonal stripes is positioned across the middle, containing the title 'SUMMER SCREEN TIME CONTRACT' in white and blue dotted letters.

# SUMMER SCREEN TIME CONTRACT

\_\_\_\_\_

Name

You may have time on the iPad, TV or Computer as long as all of these jobs have been completed the the proper way.

**Only then may you turn on a screen.**

## HAVE YOU:

- Gotten Dressed
- Had breakfast
- Brushed your teeth
- Brushed your hair
- Have you cleaned your bedroom and made the bed
- Done your chores
- Read for 30 minutes
- Been creative: played, built, drew or crafted 40 minutes
- Asked if there is anything else that needs to be done.

**If so, you may watch TV or play on the iPad/Computer!!!!**

I promise to follow these rules. If I turn on a screen without doing the above or without special permission, I understand that I will lose screen time.

\_\_\_\_\_

Signature

\_\_\_\_\_

Date