



SUMMER...

Screen Time Rules!

THE FINE PRINT!

- # Minutes (Per Activity) Earned = # Minutes of Screen Time Allowed
- 2 Hours Max Screen Time Per Day
- Earn 1 Hour Before Going on Screen

NOT Worth Screen Time

- Eating & Cleaning Up after Meals
- Hygiene (Brushing Teeth, Showering, etc.)
- Playing Outside for 90+ minutes
- Reading for 60+ minutes
- Building /Crafting for 60+ minutes
- Writing in a Daily Journal – gratitudes, something you're proud of, a deep thought, favourite moment of the day, etc.
- Doing Worksheets or Research Project to prevent the Summer Brain Drain

Please feel free to share!

From Your,

Tutoring...With A Twist Team



WORTH Screen Time

- Playing a Board Game
- Being Creative
- Empty Garbage Cans, Compost & Recycling
- Unloading Dishwasher/Doing Dishes
- Helping Plan & Make Dinner
- Cleaning Floors
- Going Grocery Shopping
- Wiping Bathroom Surfaces & Toilets
- Cleaning Bedroom
- Garbage/Compost/Recycling to & from the Road
- Dusting
- Changing & Washing Bed Sheets
- Purging – find 3+ things not needed/wanted/doesn't fit and place in trash or donation pile
- Cleaning Out the Car
- Washing Laundry, Fold it, and Put Away
- Going to Library
- Weeding the Garden
- Detailing the Car – inside & out
- Cleaning the Windows & Sills in House
- Getting Organized for Next School Year