



SCREEN FREE TIME 8 and up

STUDENT NAME _____ AGE _____

Each time you choose to turn off your screen for 30 minutes and choose a different activity without being asked, write down what you choose to do. Once you filled in ten screen free choices, turn in your sheet to receive an attitude stripe.

Some Ideas: -- Read a book—Play a board game—talk with someone—exercise (yoga, take a walk, etc)—play outside—Create art (draw, color, etc)—clean, declutter, organize something—learn a new skill—listen to music, sing or dance—journal---play with your pet---cook or bake

1. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
2. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
3. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
4. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
5. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
6. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
7. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
8. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
9. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
10. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

11. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
12. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
13. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
14. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
15. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
16. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
17. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
18. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
19. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.
20. I CHOSE: _____ INSTEAD OF BEING ON A SCREEN.

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____