

# SCREEN TIME POLICY

Sometimes we can spend TOO MUCH time on our screens. Too much screen time can be bad for our physical and mental health.

Let's reduce our screen time together with a SCREEN TIME POLICY!

## I PROMISE

to only spend 30 minutes a day using my phone or tablet.

## I PROMISE

to not look at a screen for at least 3 hours before bed.

## I PROMISE

to do at least 1 non-screen related activity every day.

Screens are fun but we need to use them responsibly! Let's all commit to this screen time policy and do something good for our physical and mental health.

## INSTEAD OF USING SCREENS I CAN



PLAY AN INSTRUMENT



DO SOME EXERCISE



TALK TO A FAMILY MEMBER



READ A BOOK



PLAY A GAME



GO OUTSIDE

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