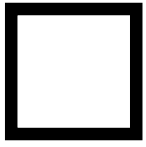
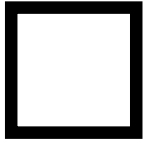


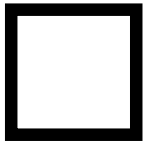
# Screen Time Checklist



5 Minutes: Practice letters

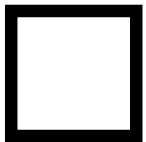


10 Minutes: Reading

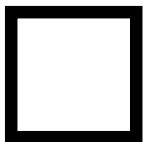


15 Minutes: Free choice

Puzzle, kinetic sand, play doh, legos, board game, color, cut, paint, sensory bin...



20 Minutes: Move your body



1 thing to help

Switch laundry, sweep, pick-up toys, make bed, fold blankets, spray and wipe kitchen table or counter, vacuum...

