

# The SCREEN Checklist

Tasks to do before getting screen time

from betamomma.com

- S** SLEEP  
Have you slept enough? Will being on digital devices take away from time sleeping or interrupt your sleep routine? 
- C** CREATE  
Have you been creative today? Making art, building with legos, jotting down thoughts in a journal, or making a video? 
- R** READING/WRITING/RITHMETIC  
Have you done any learning activities such as reading a book or math problems or reading about something in nature or history? 
- E** EXERCISE  
Have you danced, jumped, or moved around? Customize to your own ability -2 minutes 3 times a day or 45 minutes twice a day! 
- E** EAT HEALTHY  
Have you had fruits and veggies today? Let's aim for 5 a day! Have you had something with protein? Have you drank a lot of water? 
- N** NEAT  
Is your body & space neat? Have you brushed your teeth & showered? Have you cleaned up your desk or floor or put away your laundry? 