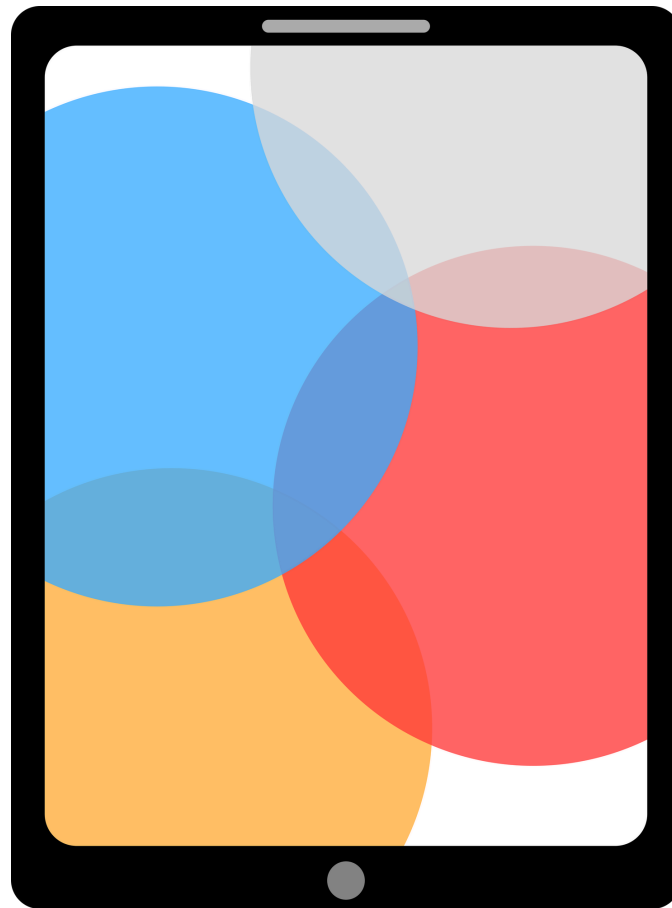




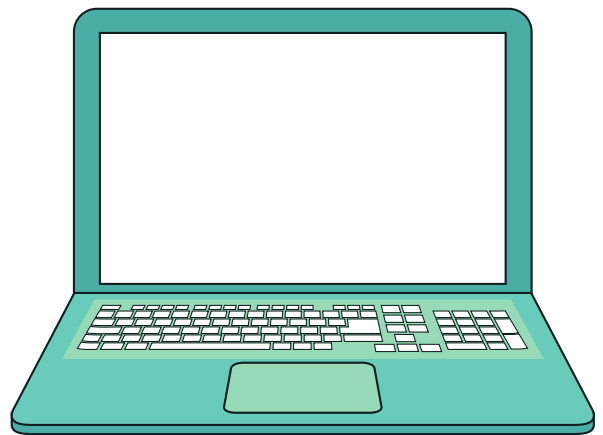
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# Screen Time



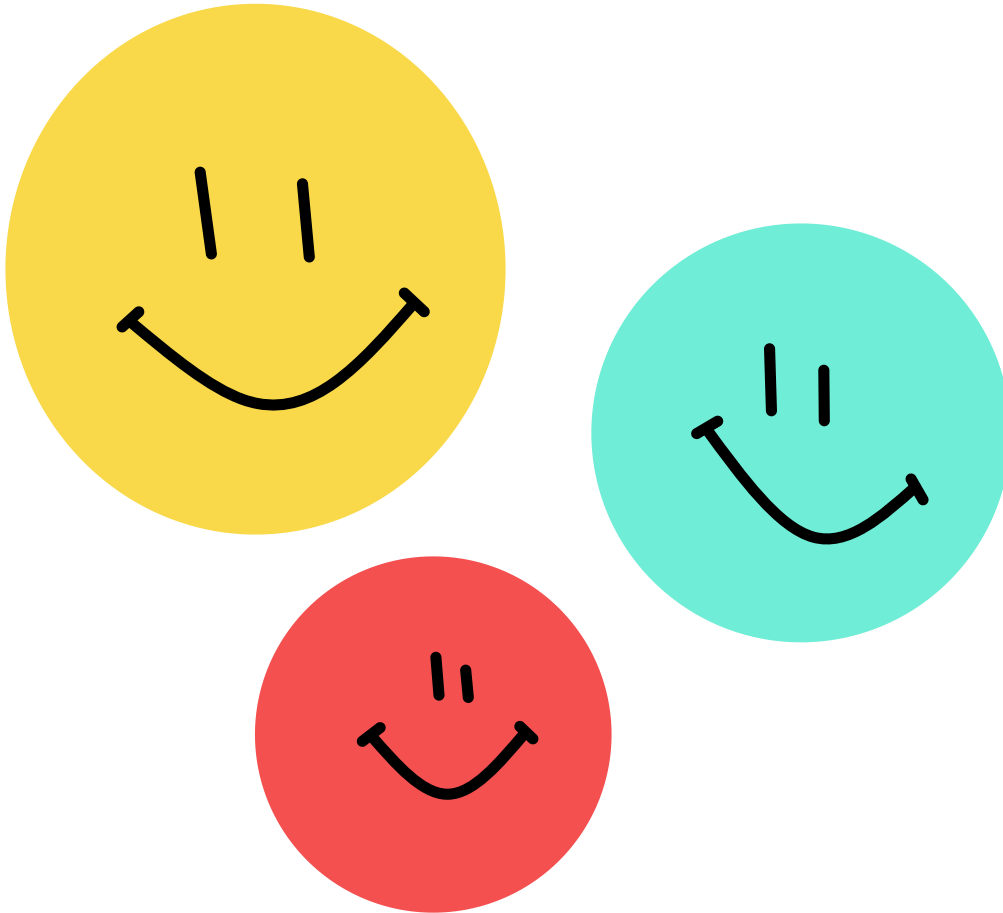
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Sometimes I use a tablet,  
computer, TV, or phone. These  
are called screens.



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Screens can be fun. I can watch  
videos, play games, or learn  
new things.



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It is important to have screen time for a little while. Too much screen time can make me feel tired, cross, or upset.



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When a grown-up says “screen time is finished,” I can stop. I might feel sad, but that is okay.



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When screen time is finished, I can  
do something else. I can play with  
toys, go outside, read, draw, or talk  
to someone.



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Stopping screens helps my eyes  
and my body feel good. It gives  
me time to rest and try other fun  
things.



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I can enjoy screens, and I can also  
enjoy other activities. Both are  
important for me.