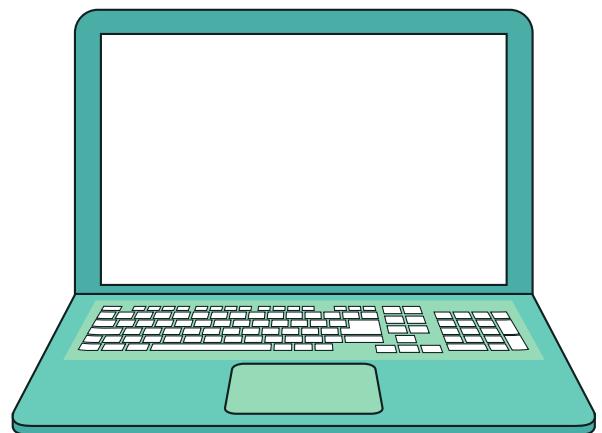


# Screen Time



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



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



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



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



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



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



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