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Empowering Futures, Embracing Differences



Why Screen Time Limits are Important



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Sometimes I play on my Xbox, and it's a lot of fun. I like playing games, and I enjoy the time I spend with my Xbox.



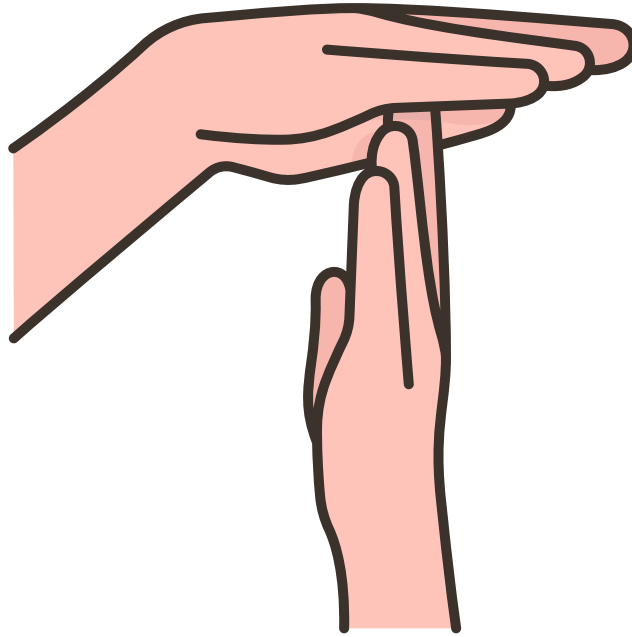
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Playing games helps me feel happy,
but it's important to know that I can't
play all day. There are rules about how
long I can play. These rules are there to
help me stay healthy and feel good.



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When I play on my Xbox for a long time, my brain and eyes get tired. I might not notice it right away, but taking breaks is really good for me.

Breaks give me time to do other fun things, like playing outside, drawing, or spending time with my family. These activities help my body and brain stay strong.



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Sometimes, it can be hard when I have to stop playing. That's okay! My Xbox time isn't gone forever; it just means I need to take a break. When my screen time is almost over, I will get a warning. I might hear someone say, "Five more minutes," or I might see a timer. This helps me know it's time to finish my game. I can save my game or finish what I'm doing so I'm ready to stop when the time comes.



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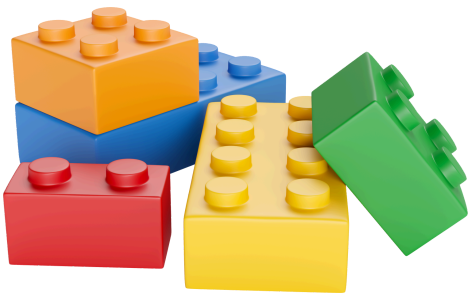


When my time on the Xbox is finished, I need to put the controller down and turn off the Xbox. I can do this calmly and remember that I can play again later.

If I stop when I'm supposed to, I might earn more screen time another day. This makes everyone happy, and I feel proud of myself for following the rules.



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After I finish playing Xbox, there are lots of other fun things I can do. I can play with my toys, build with LEGO, read a book, or go outside.

Doing different activities helps me stay healthy and gives me new ideas for fun.



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Sometimes, I might feel upset when I have to stop playing. That's normal, but it's important to remember that I will get to play again another time.

If I feel really frustrated, I can take a deep breath, ask for help, or go to my calm-down space. This will help me feel better.



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I know that following the screen time rules helps everyone. When I stop playing calmly, I can do other fun things and look forward to my next Xbox time.

I feel good when I follow the rules, and everyone around me feels happy too.