Kids Screen Time Checklist

Save and use this free checklist to help manage your kid's screentime. Edit or add to these current tasks. Once they are done with the checklist, they can enjoy screen time. Perfect checklist for summer break!



- [ ] BRUSHED TEETH
- [ ] BRUSHED HAIR
- [ ] GOT DRESS/SHOWERED/BATH
- [ ] MADE YOUR BED
- [ ] CLEANED UP YOUR ROOM
- [ ] FINISHED YOUR DAILY CHORE LIST
- [ ] READ FOR AT LEAST 20 MINUTES
- [ ] DID SOMETHING QUIETLY FOR AT LEAST 20 MINUTES (COLORED, JOURNAL WRITING, LEGOS, ETC)
- [ ] PLAYED OUTSIDE FOR AT LEAST ONE HOUR
- [ ] DID ONE THING NICE FOR SOMEONE ELSE TODAY

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