With schools closed and governments issuing orders for people to stay at home, a lot of kids have no choice but to turn to their screens for school and any kind of socializing. The majority of kids between the ages of 6 and 12 in the US are spending at least 50 percent more time in front of screens each day during the COVID-19 pandemic.

We created some ways to help your student limit screen time.

**Concord Elementary School**

- **Check out these fun activities to help limit screen time!**
  - [https://www.pbs.org/parents](https://www.pbs.org/parents)

**Cass Junior High School**

- **RULES FOR LIMITING SCREEN TIME**
  1. No screens right after you WAKE UP
  2. SOCIAL SETTINGS are screen free
  3. Once a month is SCREEN FREE DAY
  4. No screens in the CAR
  5. Make the BEDROOM screen free

**SCREEN TIME LEAN TIME**

- **Youth Ages 11-14 spend nearly 9 hours a day in front of a screen using entertainment media**

- **Instead they could…**
  - Play a game of basketball
  - And still have time to…
  - Walk the dog
  - And…
  - Dance to their favorite songs
  - And…
  - Skateboard
  - And…
  - Ride their bike

**How can parents help?**

1. Encourage kids to have a variety of hobbies and interests.
2. Limit kids’ total entertainment screen time to 2 hours per day.
3. Remove TV sets from children’s bedrooms.
4. Encourage other types of the fun that involve social connection.

**TECHNOLOGY TICKET**

15 MINUTES OF SCREEN TIME

Consider awarding tech time based on how much your student has earned (and you have approved).