

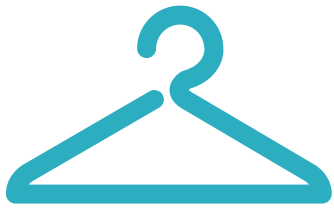
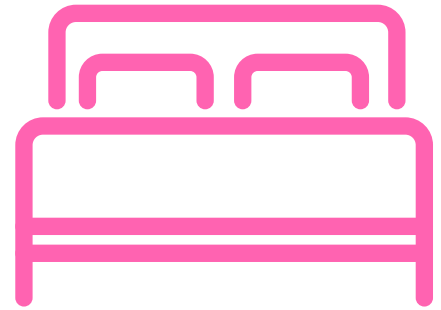
2 hours of screen time up for grabs EVERY DAY

if you....



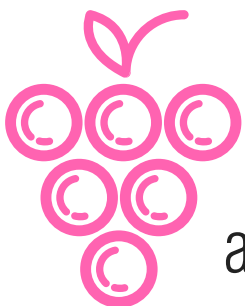
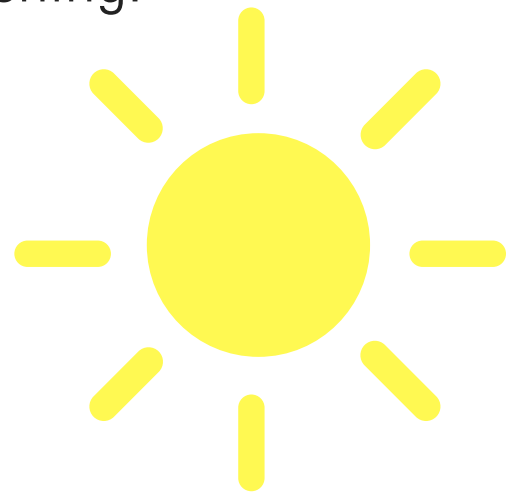
USE YOUR BRAIN - Read a book. Build Lego.
Do some drawing or writing.

Make your bed and tidy
your bedroom



Bring down dirty clothes,
Take up and put away any clean clothes from
downstairs, help with some washing.

GO OUTSIDE for one hour MINIMUM
(if its raining you need to play indoors
instead - do a board game or get out your
toys)



Eat your Lunch
and Put away your plates in the Dishwasher