

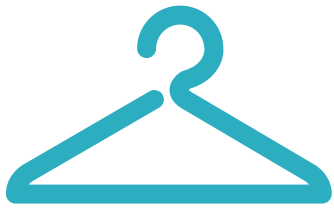
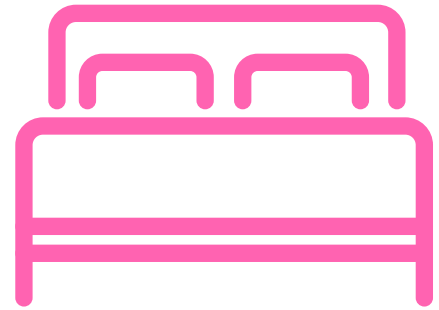
# 1 hour of screen time up for grabs EVERY DAY

if you....



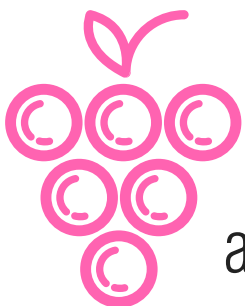
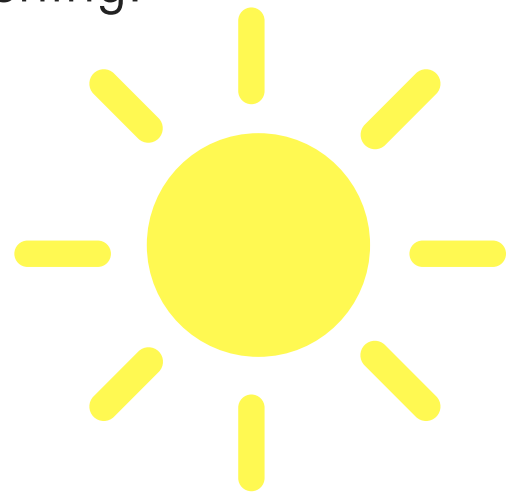
USE YOUR BRAIN - Read a book. Build Lego.  
Do some drawing or writing.

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