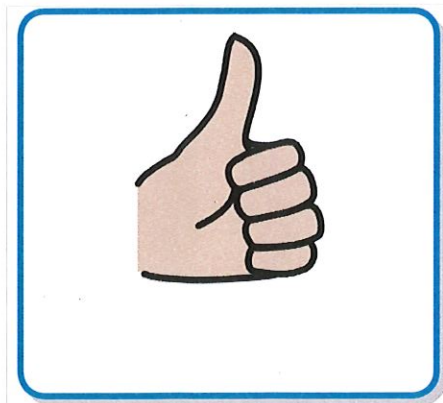


Screen time rules to keep me safe and healthy.

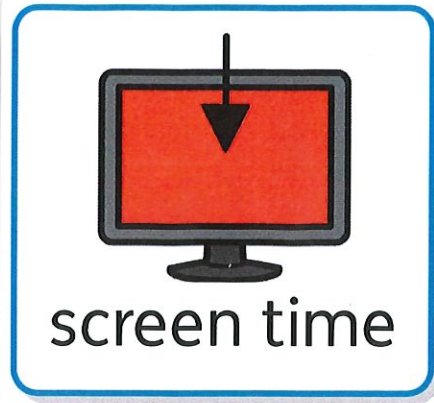
My name is \_\_\_\_\_ and I



This is good to do for a while.



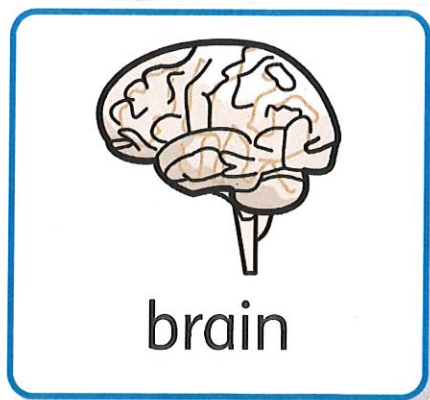
After having a lot of



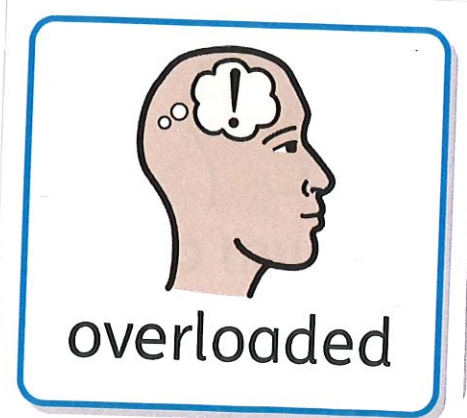
On a



my



can feel



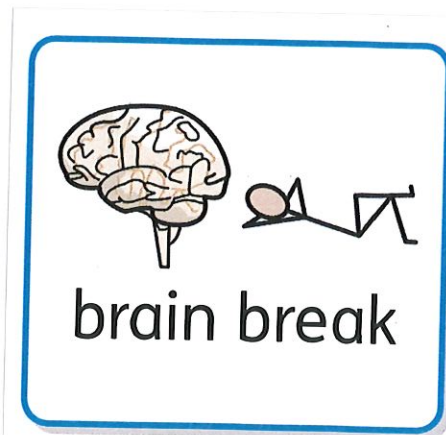
When this happens, my



This might cause me to



This means that I need a



I will



from the adults with me.

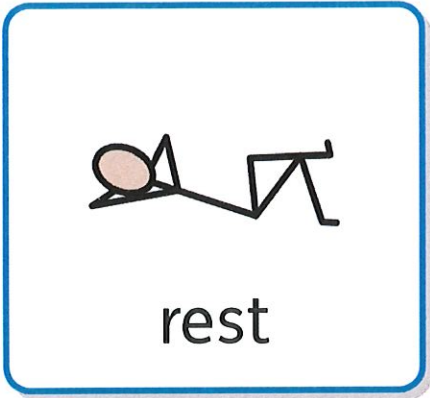
They might set a timer or show me a visual schedule to help me make



I need help to make time for when my



And when I need to



Screen time is good for a limited time each day.

