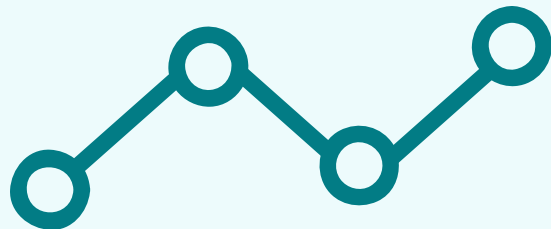




Screen
SENSE

Parent
Toolkit





TEACHING KIDS ACTIVITY DISCERNMENT

When setting expectations about screen time, have a discussion with your children about “heart health.” Proverbs 4:23 tells us to watch over our hearts with all vigilance, and one of the ways we do this is by choosing the best, heart-nourishing activities.

Liken this to the body and food. Some food is good for the body—good to eat every day. Other foods are junk foods—fun to have sometimes, but not something we want to gorge ourselves on every day. Healthy “heart food” are activities that:

- Help you interact with God or build friendships with others
- Exercise your mind, skills, and creativity
- Lift your mood and attitude

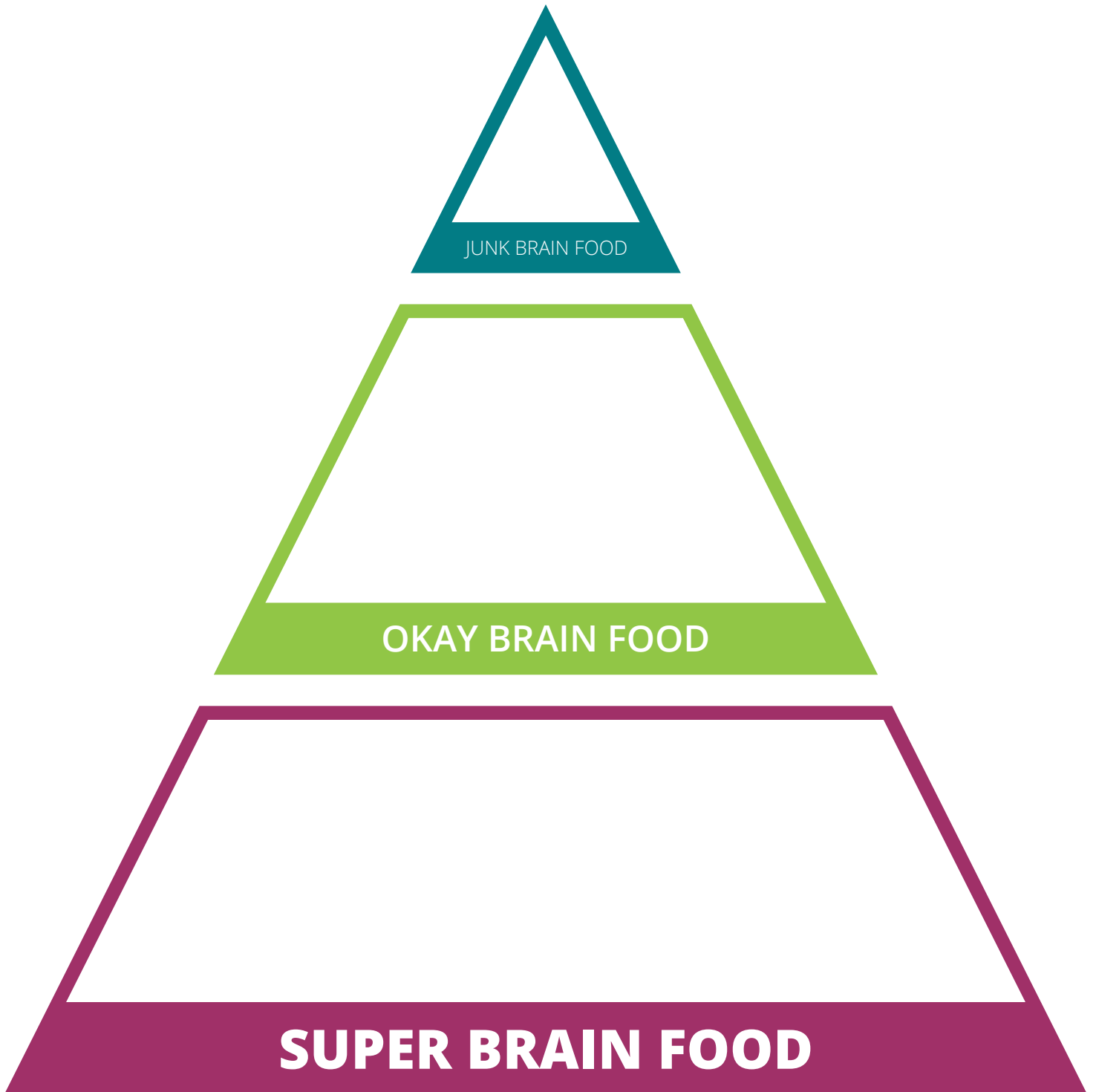
3 TYPES OF ACTIVITIES

Have your kids come up with activities they enjoy and then decide the category in which they should go: (1) super foods, (2) okay foods, (3) junk foods.

- There are many Super Foods—too many to name. They include activities that draw us close to God (reading Scripture, praying, etc.). They also include activities that help us to interact with others in a positive way (playing outside with siblings or friends, calling a friend or family member on the phone or Skype, etc.). They include mentally engaging activities (reading, doing a puzzle, etc.) and imaginative activities (building something with Legos®, Mega Bloks®, wooden blocks, or building a fort from scratch, coloring, cutting, pasting, drawing, painting, etc.). They include doing helpful things around the house, and even certain kinds of entertainment (like listening to audiobooks, audio dramas, or uplifting music).
- Okay Foods are activities that involve “active” screen time: apps or websites or computer activities that are more active, creative, and educational by nature. Okay Foods include popular websites where your kids enjoy reading articles—ask them which sites are their favorites. They might include maintaining a blog where they can engage in learning better writing and research skills. They might include include certain apps that are educational and involve a lot of responsive activity—ask your kids to show you which ones they love. Why are these not Super Foods? Because while they have a lot of value, they aren’t very social and time in front of the screen can easily drift into the Junk Food category.
- Junk Foods are the activities that involve “passive” screen time: apps or websites or TV programs that are more mind-numbing, non-interactive, and tend to make us cranky if we do them for long stretches of time. Junk Foods include watching TV shows or movies. They include certain websites that mostly feature entertaining videos. They also include certain apps that are minimally interactive and minimally educational—ask your kids to show you their favorites.

THE ACTIVITY PYRAMID

Use the diagram below to categorize these activities with your kids. After you lump different activities into the three categories, explain to your kids this is the reason why we limit passive screen time around our home.





YOUR SCREEN TIME CHECKLIST

NAME _____

BEFORE ANY SCREEN TIME, BE SURE TO COMPLETE ALL THE TASKS.

HAVE A HAPPY & FUN DAY!



SCREEN BUCKS

THIS BILL MAY BE REDEEMED FOR 15 MINUTES OF SCREEN TIME



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50 FUN ACTIVITIES FOR 2-4 YEAR OLDS

1. Color with crayons
2. Sponge paint
3. Build a fort with blankets and boxes
4. Trace leaves on paper
5. Create animals with play dough
6. Play grocery store
7. String beads onto a piece of yarn
8. Have a tea party with your stuffed animals
9. Draw on the sidewalk with chalk
10. Sweep the porch
11. Match alphabet letters
12. Cut pictures out of magazines
13. Use stacking cups to make a tower
14. Jump on bubble wrap
15. Make creations with Wikki Stix
16. Play with Duplos or other building blocks
17. Glue shapes onto construction paper
18. Ask your big sibling to read aloud to you
19. Fill egg cartons with water
20. Play dress up
21. Make slime
22. Pick flowers
23. Run through the sprinkler
24. Blow bubbles outside
25. Play with squirt guns
26. Make a watercolor painting
27. Play in the sand
28. Decorate a piece of paper with stickers
29. Give your toys a car wash
30. Collect sticks from the yard
31. Play "Go Fish"
32. Build a tower with blocks
33. Wash the windows
34. Play hopscotch
35. Use rubber stamps on a piece of paper
36. Finger paint
37. Play with balloons
38. Play some music and have a dance party
39. Play with dolls
40. Play toy hide and seek
41. Draw on cardboard boxes
42. Practice drawing or copying letters
43. Race toy cars
44. Make a picture with dot paints
45. Make a pipe cleaner creation
46. Collect bugs from your backyard in a jar
47. Play with a hula hoop
48. Put together a puzzle
49. Make a tissue paper mosaic
50. Rip up newspaper pieces



50 FUN ACTIVITIES FOR 5-7 YEAR OLDS

1. Create an obstacle course
2. Make homemade play dough
3. Clean your toys in bubbly water
4. Draw on cardboard boxes
5. Make magazine collages
6. Pull a sibling or friend in a wagon
7. Play tic-tac-toe
8. Have a fashion show
9. Make a creation with play dough or clay
10. Listen to an audio book
11. Draw a picture of your family
12. Trace leaves on paper
13. Make a list of things you're thankful for
14. Run in the sprinkler
15. Collect bugs in a jar from your backyard
16. Blow bubbles outside
17. Read a book
18. Decorate your sidewalks with chalk
19. Put together a puzzle
20. Ride your bike or scooter
21. Kick a ball around outside
22. Weed a flower bed
23. Sweep off the porch
24. Have a pool noodle fight
25. Climb a tree
26. Play with a hula hoop
27. Make a paper bag puppet
28. Wash windows
29. Build a tower with blocks
30. Create a play with stuffed animals
31. Toss a frisbee
32. Build a ramp and race toy cars
33. Build with LEGOs
34. Play some music and have a dance party
35. Play rock-paper-scissors
36. Organize your closet or bookshelf
37. Play dress up
38. Make slime
39. Play with squirt guns
40. Play with dominos
41. Paint rocks
42. Jump on a trampoline
43. Play "Go Fish"
44. Color in a coloring book
45. Make a watercolor painting
46. Face paint with old makeup
47. Play "Memory"
48. Make a laser maze with yarn
49. Build a fort
50. Play hopscotch



50 FUN ACTIVITIES FOR 8-10 YEAR OLDS

1. Play telephone
2. Set up a domino rally
3. Build something with LEGOs
4. Jump rope
5. Walk your dog (or a neighbor's dog)
6. Build a model rocket
7. Play Four Square
8. Have a water balloon fight
9. Make beaded necklaces
10. Learn some card tricks
11. Oil paint
12. Make fleece blankets
13. Paint rocks
14. Shoot some hoops
15. Make friendship bracelets
16. Make origami creations
17. Draw a map and have a treasure hunt
18. Make a lemonade stand
19. Play frisbee
20. Play checkers with a friend or sibling
21. Read a book
22. Organize your toys and start a collection to sell or give away
23. Make puppets
24. Play mad libs
25. Build a card tower
26. Make paper airplanes
27. Have a picnic in your backyard
28. Fly a kite
29. Play Solitaire
30. Build a fort
31. Listen to audio book
32. Catch fireflies at night
33. Write a letter to a friend
34. Play Jenga with a friend or by yourself
35. Decorate windows with window markers
36. Climb a tree
37. Wash the car
38. Learn to crochet
39. Run in the sprinkler
40. Turn up the music and have a dance party
41. Make bath bombs
42. Write a short story
43. Make a popsicle stick structure
44. Write and perform a skit
45. Have a photo shoot
46. Stage a play or a puppet show
47. Play with glow sticks
48. Make a photo collage
49. Start a journal and write in it daily
50. Do leather working



50 FUN ACTIVITIES FOR KIDS 11 AND UP

1. Research your family tree
2. Make dinner for your family
3. Fly a kite
4. Play chess
5. Start a journal and write in it daily
6. Learn how to sew
7. Have a photo shoot
8. Golf or play croquet in the backyard
9. Read a new book
10. Play Sudoku
11. Bake a cake
12. Oil paint
13. Go roller blading or roller skating
14. Organize your room and get rid of (or sell) stuff you don't need
15. Go on a nature walk
16. Go Geocaching
17. Camp in your back yard
18. Paint coffee mugs
19. Play a board or card game
20. Stage a skit with friends
21. Call a friend on the phone
22. Organize a water balloon fight
23. Put together a jigsaw puzzle
24. Build a model rocket
25. Play tennis
26. Make a sugar scrub
27. Play darts
28. Write a poem
29. Start a small garden
30. Build a card tower
31. Learn how to crochet
32. Research constellations and go stargazing
33. Write a letter to a friend or family member
34. Learn how to play an instrument (or a new song on an instrument you already play)
35. Read aloud to your younger siblings
36. Set up a domino rally
37. Learn how to solve a Rubik's Cube
38. Make a scrapbook
39. Go on a bike ride
40. Organize and host a garage sale
41. Wash your parents' car
42. Get a lawn mowing job
43. Bake a cake or cookies
44. Volunteer to babysit
45. Go fishing in a nearby stream
46. Walk your dog or a neighbor's dog
47. Go on a picnic
48. Sketch a picture
49. Shoot some hoops
50. Give yourself (or a friend) a manicure and pedicure