

Templates, Planners & Contracts for Differently Wired Kids



SCREEN TIME

Screen Time

Screen Time Planning Worksheet: This worksheet helps Asher think about his goals for screen time on any given day. We created it to avoid disappointment at the end of the day and Asher feeling like he squandered his time. It also helps him proactively plan for problems.

Screen Time Tracking Worksheet: This is a worksheet Asher used to fill out while doing screen time. He has to identify his tasks in order of priority, and estimate how long it will take him to accomplish them. As he goes about his day, he must pause and fill in a "bubble" so he can a) learn how long things take him and b) make sure he stays on task. (Each bubble represents 30 minutes)

10-Minute Wrap-Up Plan: Ash used to ask for 10-minute warnings before his screen time was up for the day, so this was his plan for handling himself when he received a 10-minute warning.

Screen Time Accountability Worksheet: This worksheet is intended to be an in-the-moment way for Asher to stay accountable, take his breaks, and consciously choose how he spends his time on screen.

To How Support Myself Staying on Task & Focused: This sheet reminded Asher of the steps he was committed to taking in regards to his screen time to build responsible habits.

SCREEN TIME PLANNING WORKSHEET

I'm starting my screen time now. What time is it?

My screen time ends at _____. How much total screen time do I have?

My plan for using my screen time is:

Do I need any reminders from mom (or dad)? If so, what is the reminder?

It's my responsibility to ask mom (or dad) to remind me. Check the box below if I reminded mom or dad to remind me:

SCREEN TIME TRACKING WORKSHEET

Morning (weekends only)

- Top Priority:

- Second Priority:

Afternoon / Evening

- Top Priority:

- Second Priority:

- Third Priority:

WHEN YOUR 30-MINUTE ALARM GOES OFF:

1. Pause what you are doing
2. TAKE 10 deep breaths and do 20 jumping jacks
3. Fill in a "bubble" on the sheet
4. Look at the clock and determine if you have time for 30 more minutes
5. If yes, reflect on your goals, decide how you want to spend your time, and start timer over
6. If no, close your computer and do something offline

10-MINUTE WRAP-UP PLAN

1. Pause your activity

2. THINK about what you can do in 10 minutes (remember . . . it goes by quickly!)
 - a. If you're watching a VIDEO and there are less than 10 minutes left, perfect! Don't start a new video when it's over!

 - b. If you're watching a VIDEO and there are more than 10 minutes left, accept that you won't be able to finish the video now. But that's okay! It will be there waiting for you later!

 - c. If you're working on a texture or other project, save it and continue working.

 - d. If you're playing a game (mini-game, etc.) remind yourself that this is your last game. Don't start a new one when this one ends (since that one might not end in time).

Screen Time Accountability Worksheet

Time Block 1:

- Pause what you are doing
- TAKE 10 deep breaths and do 20 jumping jacks
- Fill in a "bubble" on the sheet
- Look at the clock and determine if you have time for 30 more minutes
- If yes, fill in your goal below and get adult sign off!

My Plan for the next time block:

ADULT SIGN OFF:

Time Block 2:

- Pause what you are doing
- TAKE 10 deep breaths and do 20 jumping jacks
- Fill in a "bubble" on the sheet
- Look at the clock and determine if you have time for 30 more minutes
- If yes, fill in your goal below and get adult sign off!

My Plan for the next time block:

ADULT SIGN OFF:

Time Block 3:

- Pause what you are doing
- TAKE 10 deep breaths and do 20 jumping jacks
- Fill in a "bubble" on the sheet
- Look at the clock and determine if you have time for 30 more minutes
- If yes, fill in your goal below and get adult sign off!

My Plan for the next time block:

ADULT SIGN OFF:

Time Block 4:

- Pause what you are doing
- TAKE 10 deep breaths and do 20 jumping jacks
- Fill in a "bubble" on the sheet
- Look at the clock and determine if you have time for 30 more minutes
- If yes, fill in your goal below and get adult sign off!

My Plan for the next time block:

ADULT SIGN OFF:

NOTE: Forgetting to get sign-off on a time block plan results in losing a screen time block, either for the same day or the next day.

HOW TO SUPPORT MYSELF IN STAYING ON TASK AND FOCUSED REGARDING SCREEN TIME

1. Fill out a screen time planning sheet and write out your primary goal(s) for how you want to spend your screen time.
2. When you're ready to begin your screen time, start a timer for 30 minutes.
3. When your alarm goes off, pause what you are doing immediately, fill in a "bubble" on your planning sheet, and look at the clock to determine if you have time for another 30-minute session. If the answer is "yes," reflect on your goals, decide how you want to spend that session, and start your timer over for another 30-minutes. If the answer is "no," close your computer and do something offline.
4. Repeat step 3 until you have used up your screen time.