

BEFORE YOU TECH

ORLANDO MOM COLLECTIVESM

7 things to do before screen time

1 MAKE YOUR BED

Make your bed and get ready for the day.

2 MOVE

Bike, stretch, do jumping jacks, sit ups or squats.

3 READ

Pick any book, comic, or magazine for 30 minutes.

4 PLAY

Build Legos, race cars, or get creative with toys.

5 CLEAN

Tidy one small thing – your room, the playroom, unload dishes.

6 PETS

Play with the cat – clean the litter box, pet her, brush her and play with toys.

7 WRITE SOMETHING

Write a note or practice cursive.

CHECKED ALL 7?
TECH TIME UNLOCKED!