

Not All Screen Time Is Equal

Create



Make a digital picture



Write a song



Take & edit digital photos



Write a story



Build w/ games like



Make a website



Make a video game



Make an app



3D print something

Connect



Text relatives



Video call with family



Write to an online pen pal



Connect with friends



Play team games online



Coordinate school project

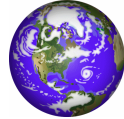
Play & Learn



PBS Kids



Math games



Geography games



Strategy games



Spelling games



Word games



Current events



eBooks



Learn to code



Online research



Online classes



duolingo

Learn another language



Khan Academy

Enjoy



Watch TV



Play mobile games



Listen to music



Play video games



Use social media



YouTube or TikTok

Help kids find balance across all the categories