



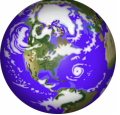









Not All Screen Time Is Equal

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

Play & Learn

 PBS Kids
 Math games
 Geography games
 Strategy games
 Spelling games
 Word games
 Current events
 eBooks
 Learn to code
 Online research
 Online classes
 Learn another language
 Khan Academy

Connect

 Text relatives
 Video call with family
 Write to an online pen pal
 Connect with friends
 Play team games online
 Coordinate school project

Help kids find balance across all the categories

Enjoy

 Watch TV
 Play mobile games
 Listen to music
 Play video games
 Use social media
 YouTube or TikTok

Want to make some changes?

It's easy to edit this at TheTripClip.com

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!