KIDTIVITY LAB

Small steps. Everyday practice.

Our weekly screen and play plan

Ages 3-10 | Plan the essentials first. Choose screen windows that fit around them.

Week of: _____ Family: _____

Sleep routine: bedtime _____ wake time _____ (adjust by child)

Protect school, sleep, and meals first. In each box, write an activity or a time window.

Plan together	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Play with others							
Move outside							
Screen together							
Screen solo							
Screen-free meal							

Our family rules

Where devices rest / charge: _____

How we stop (warning + ending): _____

What adults will do too: _____

Easy swaps to keep nearby

Rainy day: Freeze Dance

After preschool: Follow the Leader

Siblings: Shadow Puppet Theater

Waiting room: Quiet animal guessing

Friends arrive: Pass the Parcel

Dinner prep: Story Chain

Long drive: A traveling story

Before bed: Blanket-fort reading

Review date: _____ One change to try: _____