

# OUR PLANNER



**MONDAY**


6am \_\_\_\_\_

8am \_\_\_\_\_

10am \_\_\_\_\_

12pm \_\_\_\_\_

2pm \_\_\_\_\_

4pm \_\_\_\_\_ 

6pm \_\_\_\_\_

8pm \_\_\_\_\_

**TUESDAY**

6am \_\_\_\_\_

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4pm \_\_\_\_\_

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**WEDNESDAY**


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4pm \_\_\_\_\_ 

6pm \_\_\_\_\_

8pm \_\_\_\_\_

**THURSDAY**

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8pm \_\_\_\_\_

**FRIDAY**


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**SATURDAY**

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12pm \_\_\_\_\_

2pm \_\_\_\_\_

4pm \_\_\_\_\_

6pm \_\_\_\_\_

8pm \_\_\_\_\_


**SUNDAY**

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4pm \_\_\_\_\_

6pm \_\_\_\_\_



8pm \_\_\_\_\_

## HOT TIPS:

- Our key tips for setting a screen-routine for primary schoolers:
- Try and keep screen-time under 1-hour/day.
  - Where possible, opt for quality educational programs/activities. For example, Reading Eggs (app), Bugs and Numbers (app) Sesame Street (TV program), and Octonauts (TV program).
  - Avoid scheduling screen-time during the hour before bed.
  - Avoid scheduling screen-time in the morning before school.

## LEGEND:

Many parents aren't sure where to start when it comes to setting a screen-routine for their child. We've made some recommendations using the symbols below to help guide you!

-  0.5-hour Educational Screen-Time
-  0.5-hour Leisure Screen-Time