

# OUR PLANNER

**MONDAY**


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

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

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

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

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

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

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

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

**TUESDAY**

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

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

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

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

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

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

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

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

**WEDNESDAY**


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

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

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

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

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

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

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

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

**THURSDAY**



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

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

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

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

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

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


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

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

**FRIDAY**

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


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

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

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

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

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

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

**SATURDAY**

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

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

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

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

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

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

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

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



**SUNDAY**

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

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

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


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

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

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

## HOT TIPS:

Our key tips for setting a screen-routine for primary schoolers:

- Differentiate leisure screen-time (non-education based gaming, streaming or television programs) and education screen-time (screen-based homework and other learning activities such as maths practice apps).
- Avoid gaming during the hour before bed. Opt for wind-down activities (such as reading) in the half-hour before bed.
- Avoid scheduling screen-time in the morning before school.
- Leave leisure screen-time for the late afternoon.

## 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!

 1-hour Educational Screen-Time

 1-hour Leisure Screen-Time