

# Screen-Time Transition Guide for Kids

A simple tool to help kids stop screen time calmly and move to the next activity.



Name: \_\_\_\_\_ Week of: \_\_\_\_\_

## 1 MY SCREEN-TIME GOAL

This week, I want to practice:

- |   |   |
|---|---|
| <input type="checkbox"/> Turning off screens the first time | <input type="checkbox"/> Following directions without arguing |
| <input type="checkbox"/> Using a calm body                  | <input type="checkbox"/> Saving or pausing when it is time    |
| <input type="checkbox"/> Using a respectful voice           | <input type="checkbox"/> Other: _____                         |
| <input type="checkbox"/> Moving to the next activity        |   |

The screen I am practicing with most is:

- |                                |                                   |                                       |
|--------------------------------|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> TV    | <input type="checkbox"/> Tablet   | <input type="checkbox"/> Video games  |
| <input type="checkbox"/> Phone | <input type="checkbox"/> Computer | <input type="checkbox"/> Other: _____ |

## 2 SCREEN-TIME SUCCESS MEANS I CAN...

1	Hear the warning	I can listen when an adult tells me screen time is almost over.
2	Pause calmly	I can stop what I am doing without yelling, arguing, or melting down.
3	Use my words	I can ask a question or respond respectfully.
4	Reset my body	I can take a breath, put the screen down, and get ready for what is next.
5	Move to the next activity	I can transition to homework, dinner, bath, bedtime, chores, or family time.

## 3 MY TRANSITION PLAN – I CAN DO THIS!

*Practice these steps when screen time ends!*

1	<b>Get the Warning</b>	<input type="checkbox"/> I hear the 5-minute warning	<input type="checkbox"/> I hear the 2-minute warning	<input type="checkbox"/> I know stopping time is coming	<input type="checkbox"/> I ask, "What do I need to finish or save?"	
2	<b>Pause or Save</b>	<input type="checkbox"/> Pause the show	<input type="checkbox"/> Save the game	<input type="checkbox"/> Finish the level or moment if allowed	<input type="checkbox"/> Close the app	<input type="checkbox"/> Put the device down safely
3	<b>Reset My Body</b>	<input type="checkbox"/> Take a deep breath	<input type="checkbox"/> Keep my hands calm	<input type="checkbox"/> Use a quiet voice	<input type="checkbox"/> Keep my body under control	<input type="checkbox"/> Look at the adult speaking
4	<b>Use Respectful Words</b>	<input type="checkbox"/> Okay.	<input type="checkbox"/> Can I save this first?	<input type="checkbox"/> What is next?	<input type="checkbox"/> Can you help me transition?	<input type="checkbox"/> I need one minute to reset.
5	<b>Move to the Next Activity</b>	<input type="checkbox"/> Homework	<input type="checkbox"/> Dinner	<input type="checkbox"/> Bath	<input type="checkbox"/> Bedtime	<input type="checkbox"/> Chores
		<input type="checkbox"/> Reading	<input type="checkbox"/> Outside play	<input type="checkbox"/> Family time	<input type="checkbox"/> Other: _____	

## 4 MY TRANSITION CHECK-IN

What felt hard about stopping? \_\_\_\_\_

What helped me transition? \_\_\_\_\_

What is one good choice I made? \_\_\_\_\_

What can I do better next time? \_\_\_\_\_

## 5 PARENT TIP

- Give a clear warning before stopping
- Let your child know what comes next
- Keep the routine consistent
- Stay calm and avoid long arguments
- Praise a calm transition quickly
- Practice the plan before screen time starts

*"You have 5 more minutes." • "It is time to pause and transition."*

*"Thank you for turning it off calmly."*

*Live a Life You Are Proud Of!*