Our screen and reading agreement

Tick the promises you agree on together



Our family _____ Date _____

I will...

- [ ] Screens sleep outside my bedroom at night.
- [ ] In bed, I read a paper book.
- [ ] No screens at meal times.
- [ ] I ask before I get a new book, game or app.
- [ ] After a long time on a screen, I get up and move.
- [ ] If something on a screen worries me, I turn it over and tell a grown-up.
- [ ] I tell my family about what I read.

We grown-ups will...

- [ ] We'll put our phones away at meal times too.
- [ ] We'll read with you, and ask what you're reading.
- [ ] We'll explain why the settings are there.
- [ ] We'll keep paper books and library trips in our week.

Our own rules

Screen time that suits us

School days _____

Weekends _____

We'll look at this again on _____

Draw yourself reading

Signed by all of us

_____ _____ _____