SCREEN TIME

MY NAME IS

COLOUR IN THE WHITE SQUARES TO SHOW HOW MUCH SCREEN TIME YOU HAVE EACH DAY

T-RES

Autism Transition Resources

TIME / DAY					

SCREEN TIME

Its important to be aware of how much time we spend on screens

NAME

COLOUR IN THE SQUARES TO SHOW HOW MUCH SCREEN TIME YOU HAVE EACH DAY (EACH SQAURE IS 15 MINS)

T-RES

Autism Transition Resources

DAY / TIME

15	15															
15	15															