

Tech tokens: Elementary age



One way to manage screen time in your household is by introducing tech tokens. With your children, decide how much screen time they're allowed to have in a week. Then print out the tech tokens below. (A fun craft can be cutting out the tokens and gluing them onto cut-out cardboard circles!)



Throughout the week, they hand over to you a tech token whenever they have screen time. When they've used all their tokens for the week, their screen time is done. You can set the parameters for your tokens; for example, perhaps they don't apply to the use of screens for homework.

Once they've used all their tokens, point them to one of the activities below that they can do instead! Or you can brainstorm your own activity ideas in the blank spaces.

Play balloon volleyball

Climb a tree

Play jump rope

Make friendship bracelets

Throw a frisbee

Play charades

