

# Tech tokens: Middle school 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, it's time for other activities! Brainstorm ideas for things your child loves to do and fill them in the blanks below. This way, your child will have inspiration at the ready.

Play Twister

Shoot hoops outside

Do some yoga

Make a collage

Learn to juggle

Play Would You Rather?

