

Tech tokens: **Preschool** age

One way to manage screen time in your household is by introducing tech tokens. Decide how much screen time your child is allowed to have in a week. Then print out the tech tokens below. (A fun craft can be cutting out the tokens together 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. Point them to one of the activities below that they can do instead! You can brainstorm your own activity ideas in the blank spaces.

Ride a tricycle

Play Simon Says

Do a scavenger hunt

Have a dance party

Build the tallest tower you can

Play Hide and Seek

