

Dear Readers:

One of our wonderful Porter Street parents has created a couple of really useful forms for monitoring screen time for her children. I wish that I had had these when my girls were young! She has given me permission to share them with our Porter Street community. Here they are!

SCREEN TIME

WHEN YOU COME HOME

- 1. LUNCHBAG, BACKPACK, SHOES**
- 2. PREPARE SNACK**
- 3. 20 MINS**
A) READ
B) DRAW
C) HOMEWORK

4:00 - 5:00
WATCH ONE SHOW!

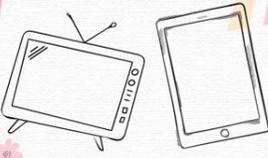
AFTER DINNER

- 1. CLEAR DISHES**
- 2. HELP**
A) UNLOAD DISHWASHER
B) LOAD DISHWASHER
C) PUT AWAY FOOD
D) TAKE OUT RECYCLING

6:30
WATCH ONE SHOW!

READ 20 MINUTES IN THE MORNING AND EARN AN EXTRA SHOW

My Screen Bank



Name: _____ Week: _____

Time	Start/Stop	# Minutes	Activity	Start/Stop	# Minutes	Activity
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Sat. (9-8)						
Sunday (double time)						

Activities admin/planning, baking, building, crafts, drawing, dressup, games, housework, listening to music, math, playing outside, reading, rest, schoolwork, visits with grandma + grandpa, walks

If you wish to meet with me or if you have concerns about your child and would like to access my services, please email me at hchang@sd43.bc.ca.

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.

Harriette Chang
School Counsellor