

Screen-Free Zones Chart

Post this where the whole family can see it.

Tick the zones that apply to your home. Add any others. Put this on the fridge, a noticeboard, or somewhere everyone passes regularly.

Always Screen-Free

- ☐ Dining table, at all meals, every day
- ☐ All bedrooms, from _____ pm until morning
- ☐ One hour before bed
- ☐ Other: _____

Mostly Screen-Free

- ☐ First 30 minutes after school
- ☐ Car journeys under 30 minutes
- ☐ First hour of the morning
- ☐ Family evenings in the living room
- ☐ Other: _____

Screens Allowed With Limits

☐ Living room: between _____ and _____ only

☐ Kitchen: for cooking videos / recipes only

☐ Other: _____

Our Charging Station Is At

Location: _____

Devices That Live at the Charging Station Overnight

☐ My phone

☐ Tablets

☐ Gaming devices

☐ Other: _____

*Remember: the charging station rule applies to everyone.
Including parents.*