



THE "2" WHEEL



FAMILY QUIET TIME



CHILD ACTIVE TIME



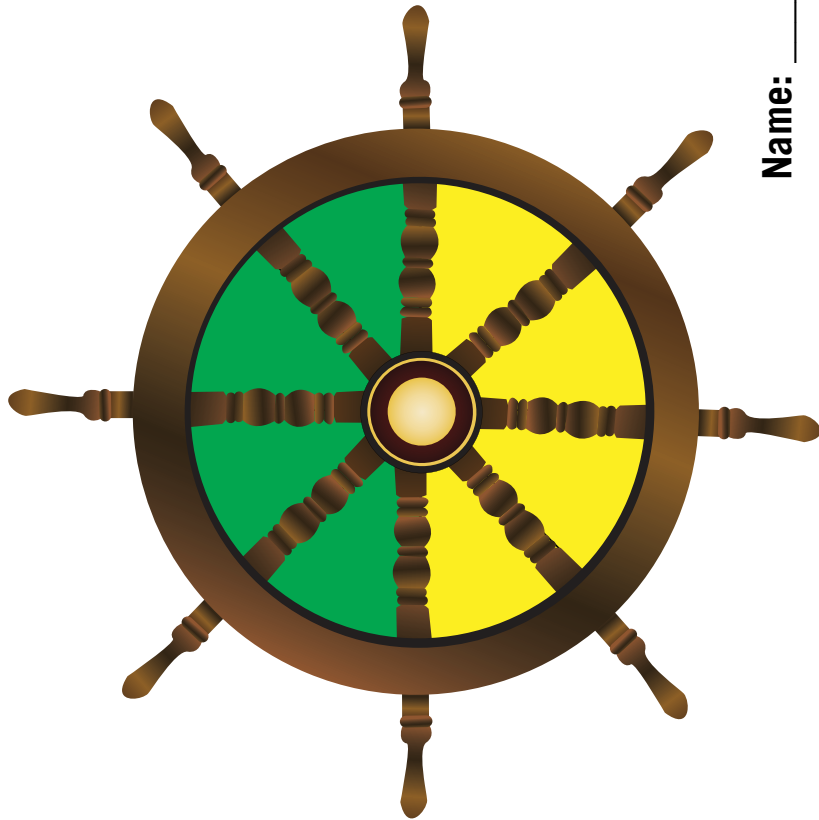
CHILD QUIET TIME



FAMILY ACTIVE TIME

GUIDELINES FOR USING THE 2 WHEEL

1. Think of different activities that you can do alone or together with friends or family that do not involve screen time.
2. Using the color key, write the activities into the spaces on the wheels, in the color that matches what type of activity it is.
3. Use the wheel to give you ideas of activities that you can do instead of watching TV, playing video games, or using the computer. Have your family get involved too!
4. Choose from each quadrant and mix it up! Try to do different things alone and together.



Name: _____

