

# Device Time Zone Chart

A fun and interactive way to help kids build healthy screen time habits!  
Track your daily device usage, set goals, and discover exciting activities beyond the screen.



# Your Weekly Device Time Tracker

Color in one square for every 30 minutes of screen time each day.  
Watch your week unfold in color!

## Green Zone

0-2 hours daily

Great balance! Keep it up!

## Yellow Zone

2-4 hours daily

Time to add more off-screen fun!

## Red Zone

4+ hours daily

Let's find some screen-free adventures!

Mon	Thur	Thuin	Fure	Sun

# Balance Your Screen Time

Amazing activities to try when you put down your device! Mix it up and discover new favorites every week.

## Get Moving

Play outside, ride bikes, dance to your favorite songs, or challenge family to a game!

## Brain Games

Build with LEGOs, solve puzzles, play board games, or learn magic tricks to amaze friends.

## Connect

Play with friends face-to-face, help with chores, have family game night, or call grandparents.

## Read & Create

Dive into adventure books, draw comics, write stories, or start a journal about your day.

## Make Things

Try crafts, bake cookies, build forts, plant a garden, or learn a musical instrument.

## Explore

Go on nature walks, stargaze, visit museums, conduct science experiments, or learn new skills.



# About CSNP

**Making cybersecurity knowledge accessible to everyone through education, community, and practical resources.**

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- Senior Digital Safety
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