

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

Thurin

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

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