

Meet your Alien Friends the Fuzzies!

Hi, I'm Sparky, and these are my Fuzzy friends! Like you, we all love our Screen Time! But we spend so much time looking at our screens that we were missing out on so much fun stuff! Things like dancing, running, playing with our toys, exploring, discovering the world, laughing, and having ADEVENTURES! So, we came up with the idea of Time Tokens! Time Tokens mean more time for the fun stuff, but we also still get our screen time too!



Hi. I'm **Sparky**, and I love finding out about things. I love learning about the world we live in. Discovering how stuff works is cool!



Hi. I'm **Splodge**, and I love getting messy, making and painting, singing and dancing and creating all kinds of weird and wonderful things!



Hi. I'm **Whizz**, and I love whizzing about, jumping, leaping and playing all sorts of games and sports. Catch me if you can!



Hi. I'm **Wiggle**, and I love the great outdoors and being outside. Making camps and jumping in puddles is so fun. Let's plant some seeds and start growing things!



Hi. I'm **Pickle**, and I love science, experimenting and making things go bang! Let's invent the 'next big thing' together!

- **Cut out these fun colourful tokens! They can help empower children to manage their own screen time more positively.**
- **Stops arguments over screen "switch off" time. Tracks how much time your child spends on screens across all platforms, TV, computers, video game systems etc.**
- **Teaches your child to be responsible and earn rewards. Inspires activities away from screens.**
- **Encourages positive behaviour.**

5 Minutes

Screen time



My name is Whizz

To use this time token,
trade it in and start your
time token timer!

Reward
Time tokens

5 Minutes

Screen time



My name is Whizz

To use this time token,
trade it in and start your
time token timer!

Reward
Time tokens

5 Minutes

Screen time



My name is Whizz

To use this time token,
trade it in and start your
time token timer!

Reward
Time tokens

5
Minutes

Screen time



My name is Whizz

To use this time token,
trade it in and start your
time token timer!

Reward
Time tokens

10 Minutes

Screen time



My name is Sparky

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

10 Minutes

Screen time



My name is Sparky

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

10 Minutes

Screen time



My name is Sparky

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

10 Minutes

Screen time



My name is Sparky

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

15 Minutes

Screen time



My name is Splodge

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

15 Minutes

Screen time



My name is Splodge

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

15 Minutes

Screen time



My name is Splodge

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

15 Minutes

Screen time



My name is Splodge

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

30 Minutes

Screen time



My name is Wiggle

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

30 Minutes

Screen time



My name is Wiggle

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

30 Minutes

Screen time



My name is Wiggle

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

30 Minutes

Screen time



My name is Wiggle

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

60 Minutes

Screen time



My name is Pickle

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

60 Minutes

Screen time



My name is Pickle

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

60 Minutes

Screen time



My name is Pickle

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

60

Minutes

Screen time



My name is Pickle

To use this time token,
trade it in and start
your time token timer!

Reward
Time tokens

Golden Token!



My Time Token Contract

(please use a pencil to fill in this sheet, so we can then re-use it!)

I..... promise to look after my time tokens and follow these rules:

✚ Every Friday I will be given my weekly Time tokens allowance of
..... Hours/minutes

✚ My Time Tokens can be used for:

After School Good Behaviour Completed homework

Following my routine such as going to bed on time Using my kind voice

Being kind to my family Using good listening ears

No hitting or being unkind

Other

✚ When I want to use my screen time token, I must trade in my token to my parent/carer for the correct amount of time and start my timer

✚ When the timer goes off my screen time session has finished, and I will turn the screen off

✚ When my weekly allowance of Time Tokens has run out, my screen time for the week has finished and I will not use bad behaviour

✚ If I stick to this Time Token Promise, I can trade in my Golden Token for an agreed fun activity!

Child Signature:..... Date:.....

Parent Signature:..... Date:.....