

# 3 Daily Tips for Healthy Kids

**1 hour of exercise**

**2 or less hours of amusing  
screen time**

**9-11 hours of sleep**

## 5 A+ Skills

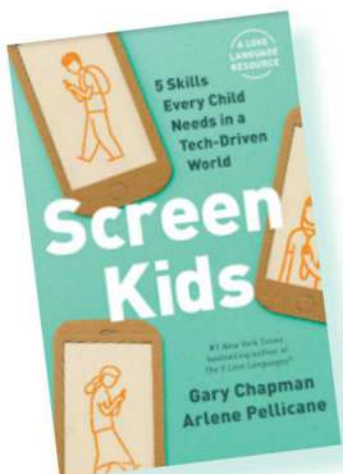
**Affection**

**Appreciation**

**Anger management**

**Apology**

**Attention**



**ScreenKidsBook.com**