

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

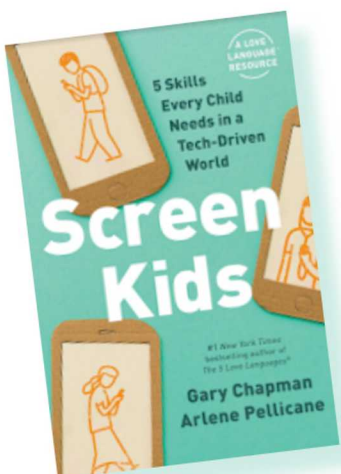
Affection

Appreciation

Anger management

Apology

Attention



ScreenKidsBook.com