

I _____ agree to use technology only during these times (add your child's name)

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Technology during school term							
Turned off:							
Technology during school holidays							
Turned off:							
Other activities							

Things we love to do – inside and outside; (read, play with friends, go to the park, play board games or cards, do craft, dance, sing, bake, play Lego, draw, colour in, swim, run, climb, swing, slip, surf, fish, go to the movies, ride your bike, build a fort, help mum and dad