



#GoGadgetFree

SCREEN TIME CONTRACT

www.NationalUnpluggingDay.co.uk

WWW.KIDZCOINS.CO.UK



Screen time trading coins for GADGET-MAD families!

We all agree to unplugging our chosen gadgets and screens from sun up to sun down on **Sunday 26th June 2016** to reconnect with our friends and family and have some fun! We also agree to a penalty* of should anyone be found plugging back in! *eg. reduced screen time allowance the following week, a forfeit. a chore.... **YOU DECIDE!**

Not just for kids, it's for the whole family!!

Name: Sign:

Name: Sign:

Name: Sign:

Name: Sign:

Name: Sign:

Name: Sign:

Name: Sign:

Name: Sign:

Please tick the gadgets you are unplugging:

COMPUTER	TV	TABLET	PHONE	CONSOLE	OTHER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COMPUTER	TV	TABLET	PHONE	CONSOLE	OTHER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COMPUTER	TV	TABLET	PHONE	CONSOLE	OTHER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COMPUTER	TV	TABLET	PHONE	CONSOLE	OTHER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COMPUTER	TV	TABLET	PHONE	CONSOLE	OTHER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COMPUTER	TV	TABLET	PHONE	CONSOLE	OTHER
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



GIVE YOURSELF A MEDAL IF YOU UNPLUGGED

Ideas of what to do instead of plugging in: Play in the park, go on a walk, play a board game, go on a family bike ride, bounce on the trampoline, play hide and seek, visit a museum, do arts and crafts, fly a kite, go bowling, visit the seaside, go swimming, read a book...



**26th
JUNE**

#GoGadgetFree



*Screen time trading coins for
GADGET-MAD families!*

This is to certify that

.....
successfully unplugged for one whole day!

These are the devices I switched off...

COMPUTER TV TABLET PHONE CONSOLE OTHER

KidzCoins is a fun and positive way to manage screen time at home.

Check out our website for more information:

WWW.KIDZCOINS.CO.UK