



MY DAILY TRACKER

A #GADGETFREEHOUR ACTIVITY DOWNLOADABLE FOR KIDS

Gadgets are part and parcel of our children's lives today, be it for online classes, playing video games or watching videos. While gadgets have their own set of benefits, excessive screentime can negatively affect your child's physical, mental and emotional health. So, what can we do as parents?

We can start by talking to children about screen time and how it impacts them. The next step is to encourage them to be mindful of their screen time. Mindfulness helps them be aware of how much digital media they are consuming and its benefits and risks. It helps them build healthy screen habits and balance their day with off-screen activities.

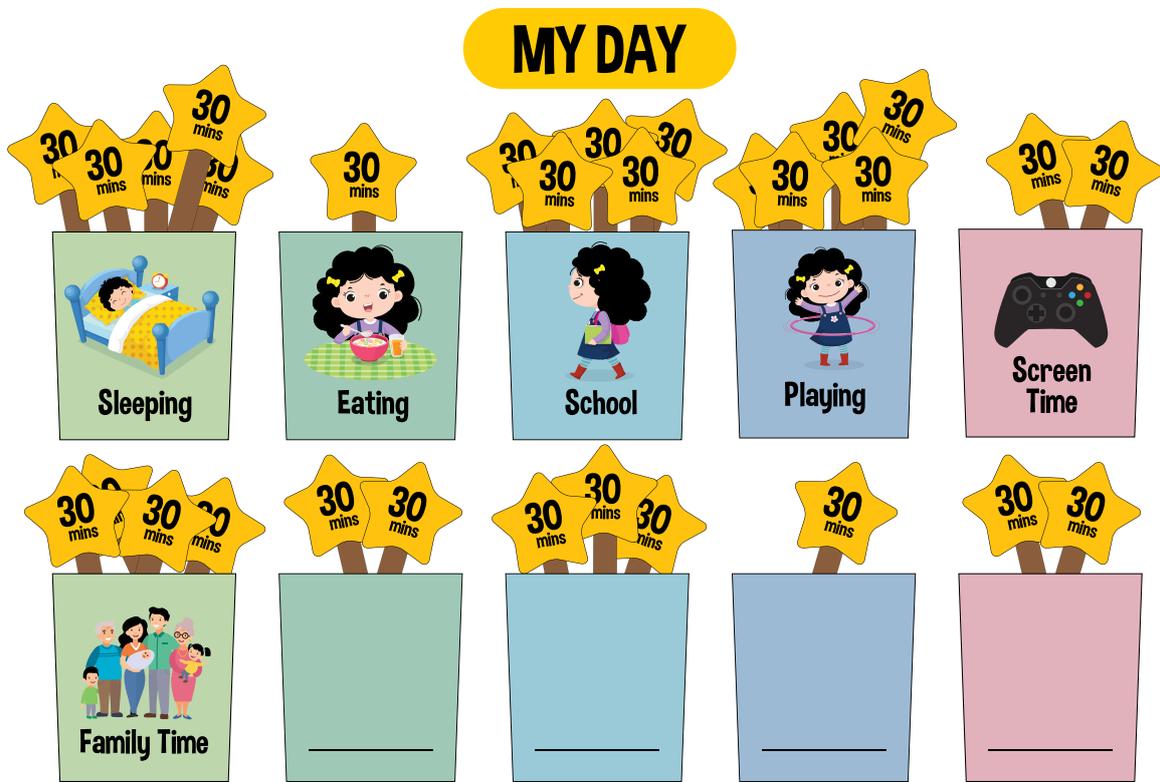
However, getting children to keep track of their screen time can be challenging. That's why we have created this fun and interactive DIY daily activity tracker. Using this downloadable, they can create their own activity tracker and understand how they spend their time every day. It will encourage them to develop healthy habits and plan their day better.

All you have to do is print the activity sheet and help them make the daily tracker by following the set of instructions given below. Once the tracker is ready, hang it up on a wall where they can easily access it. Encourage them to use the tracker every day and find out how much time they spend on various activities.

Ask them to set screen time goals for themselves and follow them using the tracker.

This activity is a great way for you to bond with your child as well. Why not join in the activity and make a daily tracker yourself? After all, you are the best role model your child could have!

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You will need: Popsicle sticks/toothpicks | Scissors | Glue



Method:

- Fill in the boxes with your daily activities
- Cut out each box along the dotted lines
- Fold the edges of the box
- Stick the folded edges of the box to a chart paper to make a pouch. Arrange all the daily activity boxes on the chart paper
- Cut out the stars and stick them to one popsicle stick/toothpick each
- Your daily activity tracker is ready!
- Now, keep track of the time you spend on each activity by adding the stars to each box. For instance, if you spend two hours studying, add four stars to the 'studying' box.





Sleeping



Eating



School



Playing



Screen Time



Family Time

