

## MEDIA TIME CHECK – SCHOOL DAY

4.00-4.30 pm

4.30-5.00 pm

5.00-5.30 pm

5.30-6.00 pm

6.00-6.30 pm

6.30-7.00 pm

7.00-7.30 pm

7.30-8.00 pm

Total = 8 half-hour units

**Agree your own family priorities and see what limit feels right for you**



**Read about setting time priorities in Chapter 5 of The Media Diet for Kids**