

# Smart Screen Time Starts With A Plan.

If you've ever felt frustrated by constant screen-time negotiations, you're not alone. Screens can easily become the default response to boredom or quiet moments. A plan helps families be more intentional.

This summer, help kids **create more than they consume**. Build a smart screen time plan together.

## What Is Smart Screen Time?

Smart screen time focuses on creating, learning, and problem-solving, not endless consumption.

- Create (build, design, produce)
- Learn (develop new skills and knowledge)
- Think (solve problems, explore ideas)

## Why Should You Make a Plan?

Screen-time battles are exhausting. When kids help create the rules, they're more likely to follow them. Collaborate to design a shared plan to:

- Give kids a sense of ownership.
- Shift focus from limits → purpose.
- Turn screen time into a tool for growth, not a habit.
- Reduce daily conflict and negotiation.

## How to Build Your Plan

Keep it simple. Focus on six areas:

- 1. Goals** – What do you want technology to help you do? Select goals that are specific and achievable.
- 2. Projects** – What will you create or learn? Example projects include: build a tower defense game, write and produce four songs, create a stop-motion animation short film. Use the Summer Mission challenge for ideas.
- 3. Time** – How much time do you need to make progress? Reframe screen time from a maximum timeframe (which might make it feel like a limited resource) to a helpful tool.
- 4. Rules** – What boundaries help your family stay intentional?
- 5. Celebration** – How will you recognize progress? Celebrate the small wins and the big successes on a daily or weekly basis.
- 6. Show Off** – Screen your movie, play your music, present something you designed or coded - show off whatever you're proud of from your hard work this summer!

Use the template on the next page as your child's Summer Screen Plan.





# My Summer Screen Plan

**Goal:** Use technology with purpose to learn, build, and create.

**This summer I/we will:**

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## My Plan In Action

What will you create or learn this summer? List what you're doing, who it's with, and the time needed to reach your goals (in days or weeks).

| What I'm Making: | Project Crew Members: | How Much Time I'll Need: |
|------------------|-----------------------|--------------------------|
| Ex: Build a game | MacKenzie, Stacy      | 6 hours each week        |
|                  |                       |                          |
|                  |                       |                          |
|                  |                       |                          |

## Our Family Guidelines

I/we agree to:

- ☐ Create before you consume`
- ☐ No devices during meals
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Celebrate Small Wins

Every day/week (circle one), we will share:

- ☐ Something we learned
- ☐ Something we built
- ☐ Something we're proud of

## Show Off Your Work

We will celebrate and share our projects on: \_\_\_\_\_

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