



⌚ 20 min

👣 Age 7-8

**Rules**

What should you do before using a screen?

Ask an adult for permission  
OR  
Go on a treasure hunt for a large bag of candy

**Emotions**

When should you stop watching something?

When you need to go to the bathroom  
OR  
When you feel uncomfortable

**My rights**

What kind of programs should you watch?

Whatever you like  
OR  
Programs that are not meant for under 12-year-olds

**Friendship**

What do you do if you feel afraid?

Have your favorite cookies  
OR  
Tell your mom or dad or a trusted adult

**When you should say "no"**

When your parents ask you to do something  
OR  
When someone makes you watch something

**What should you do if something makes you feel uncomfortable?**

Stop what you are doing  
OR  
Hide under your bed

**What should you do if you don't like what your friends are watching?**

Turn the television off  
OR  
Tell your friends how you feel

**Listen to you and accept your feelings**

What will a good friend do?

Listen to you  
OR  
Eat all your snacks and accept your feelings to the last crumb

Fold your paper fortune teller!

