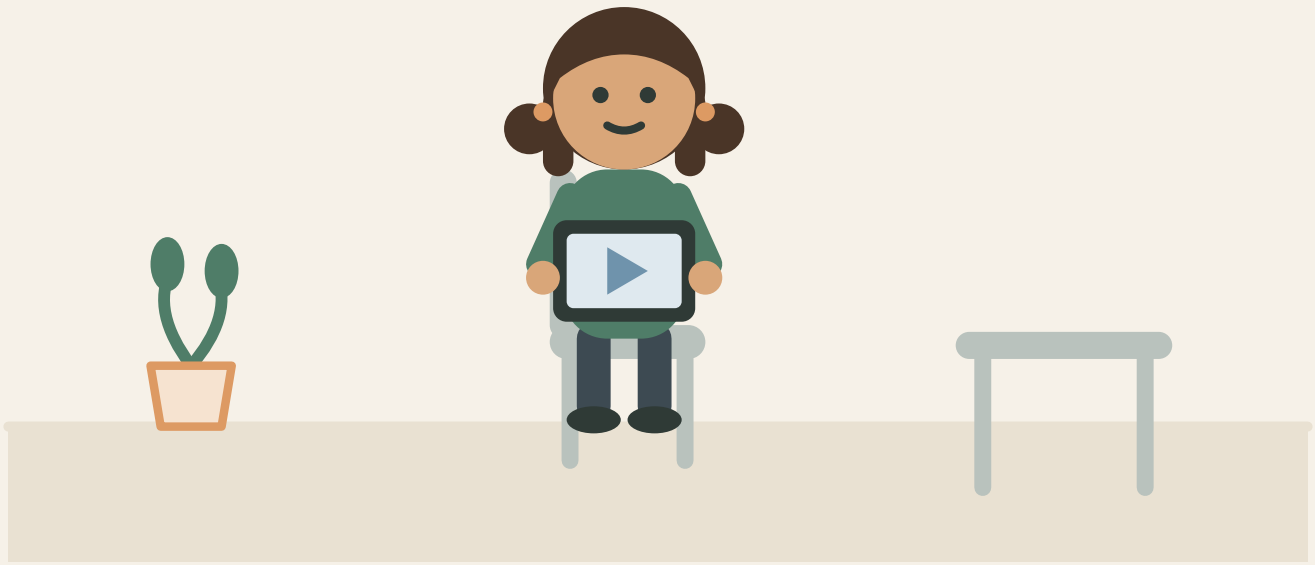
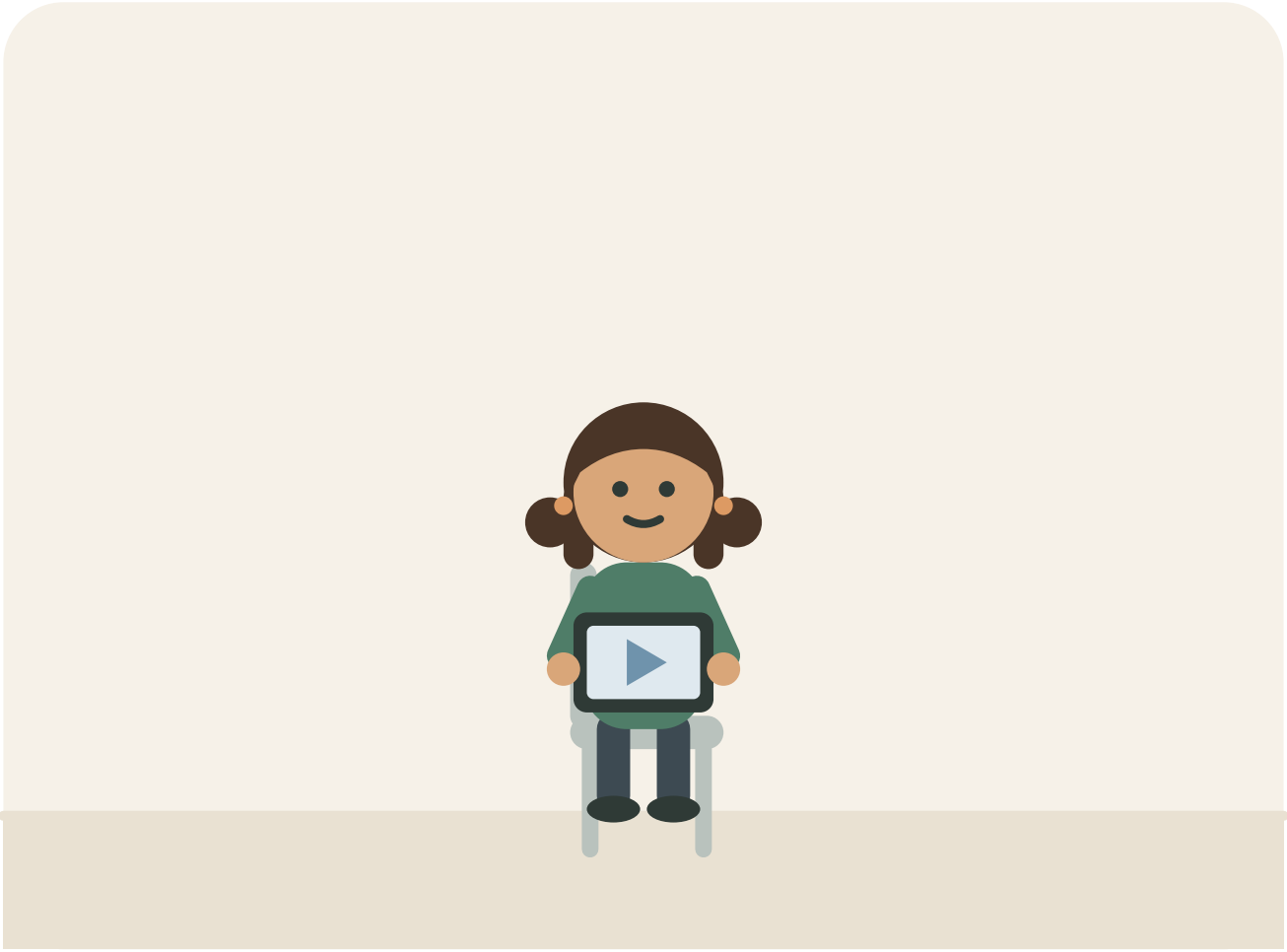
Finishing My Screen Time

A visual transition story

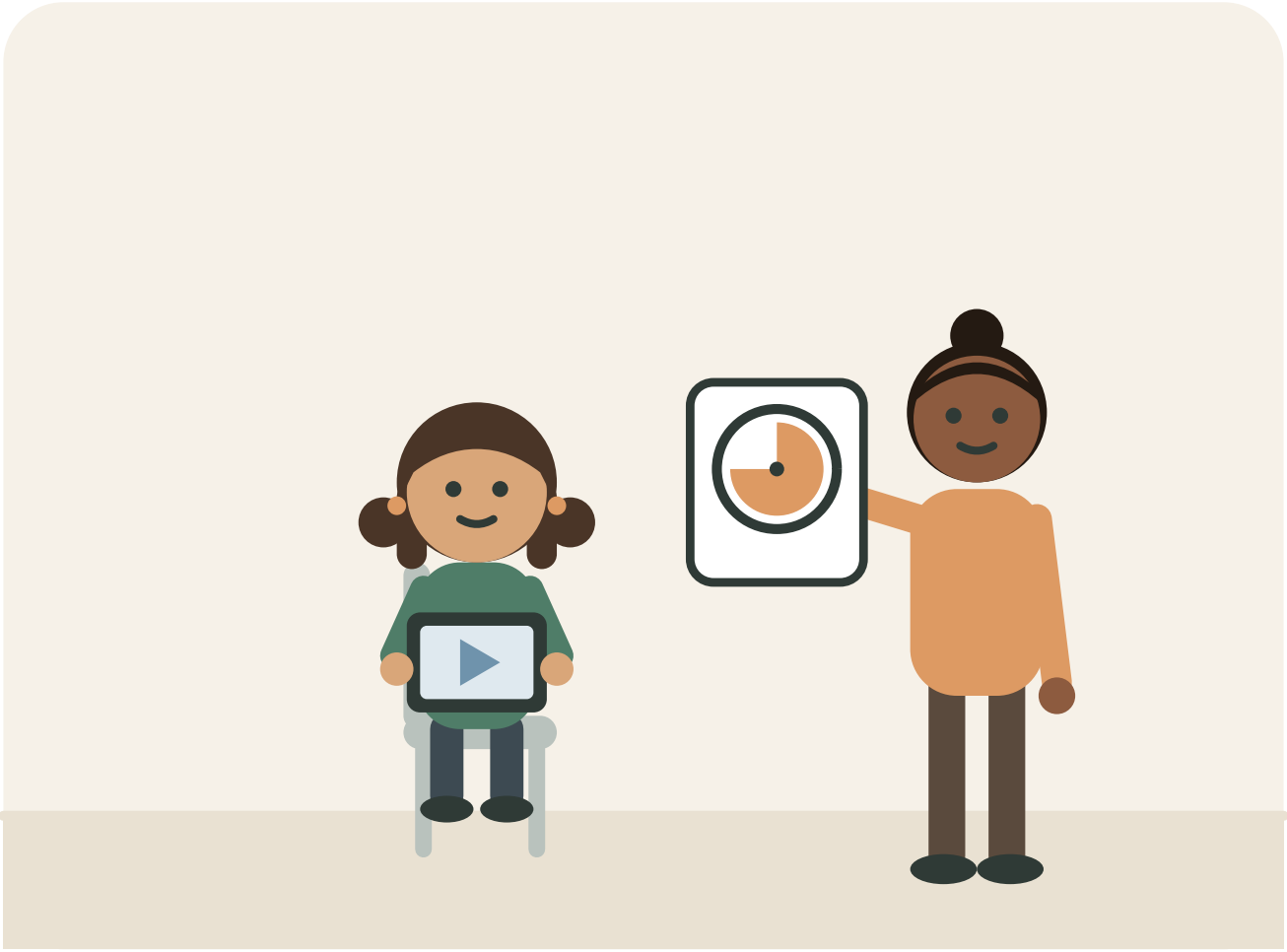


Every child responds differently.
Use the pages that are helpful for your child.



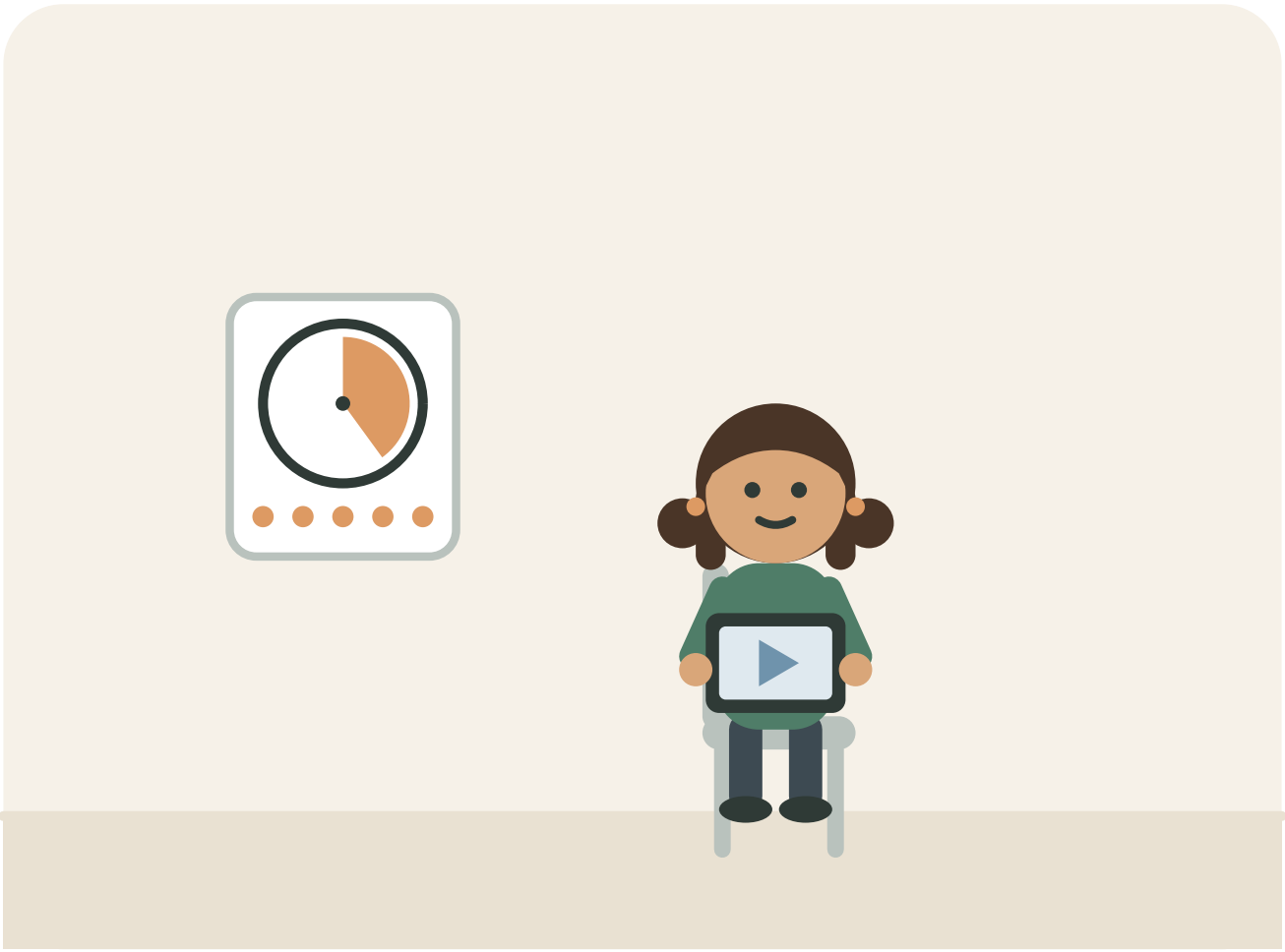
I enjoy using my screen.

I may play, watch or listen to something I like.



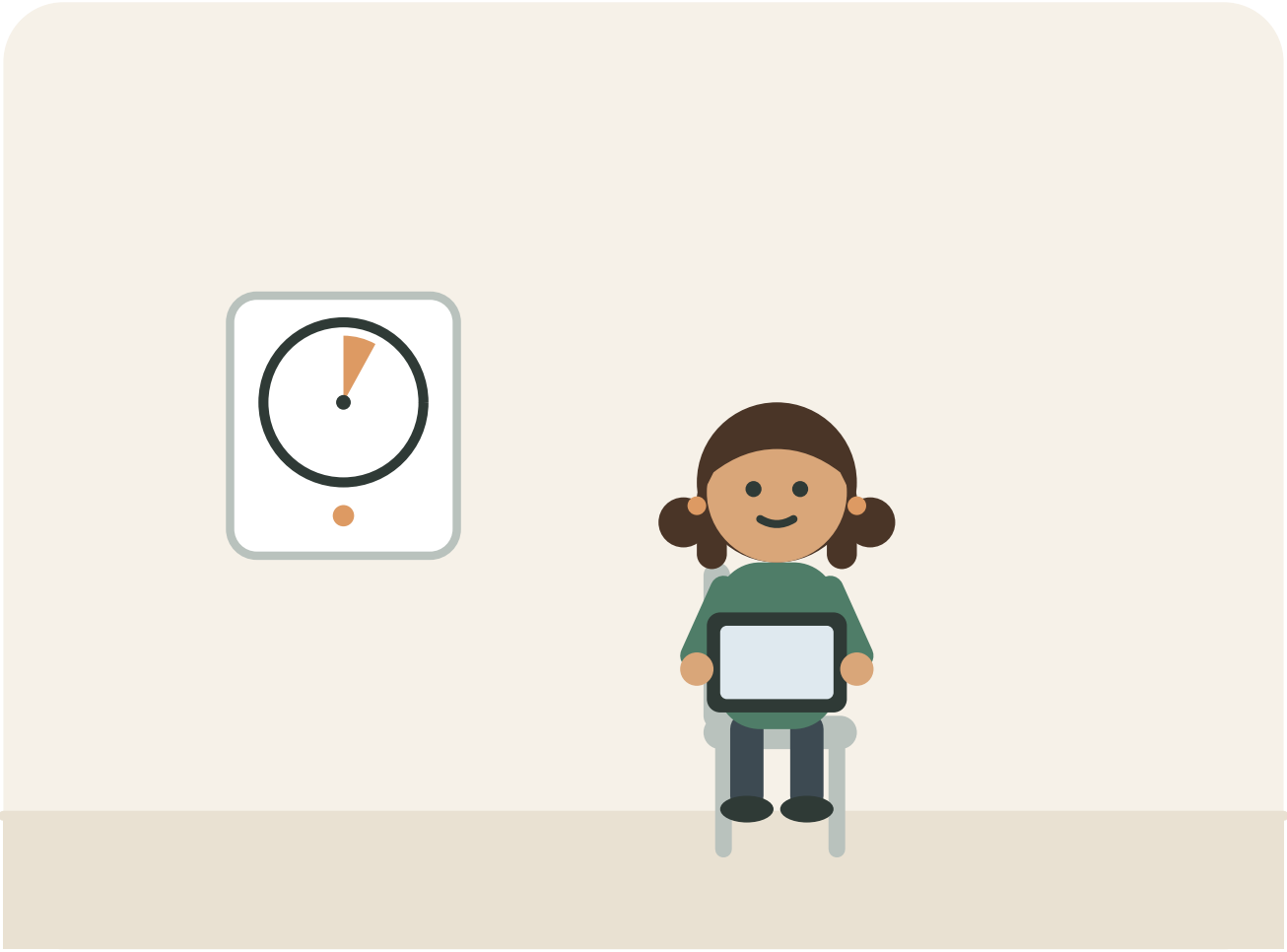
Screen time has a beginning and an ending.

An adult will help me know when it is nearly finished.



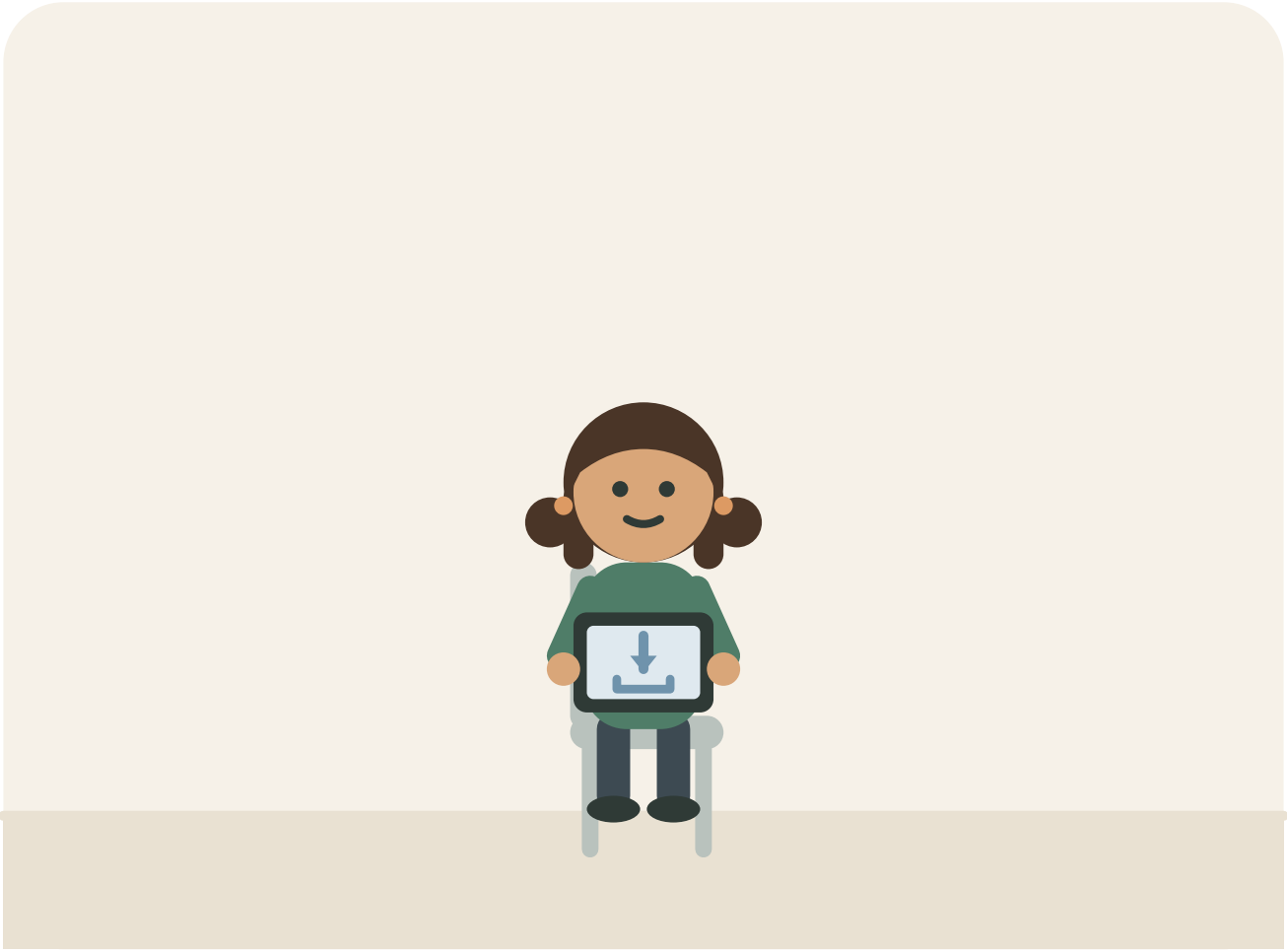
I may see or hear a five-minute warning.

I still have a little time left.



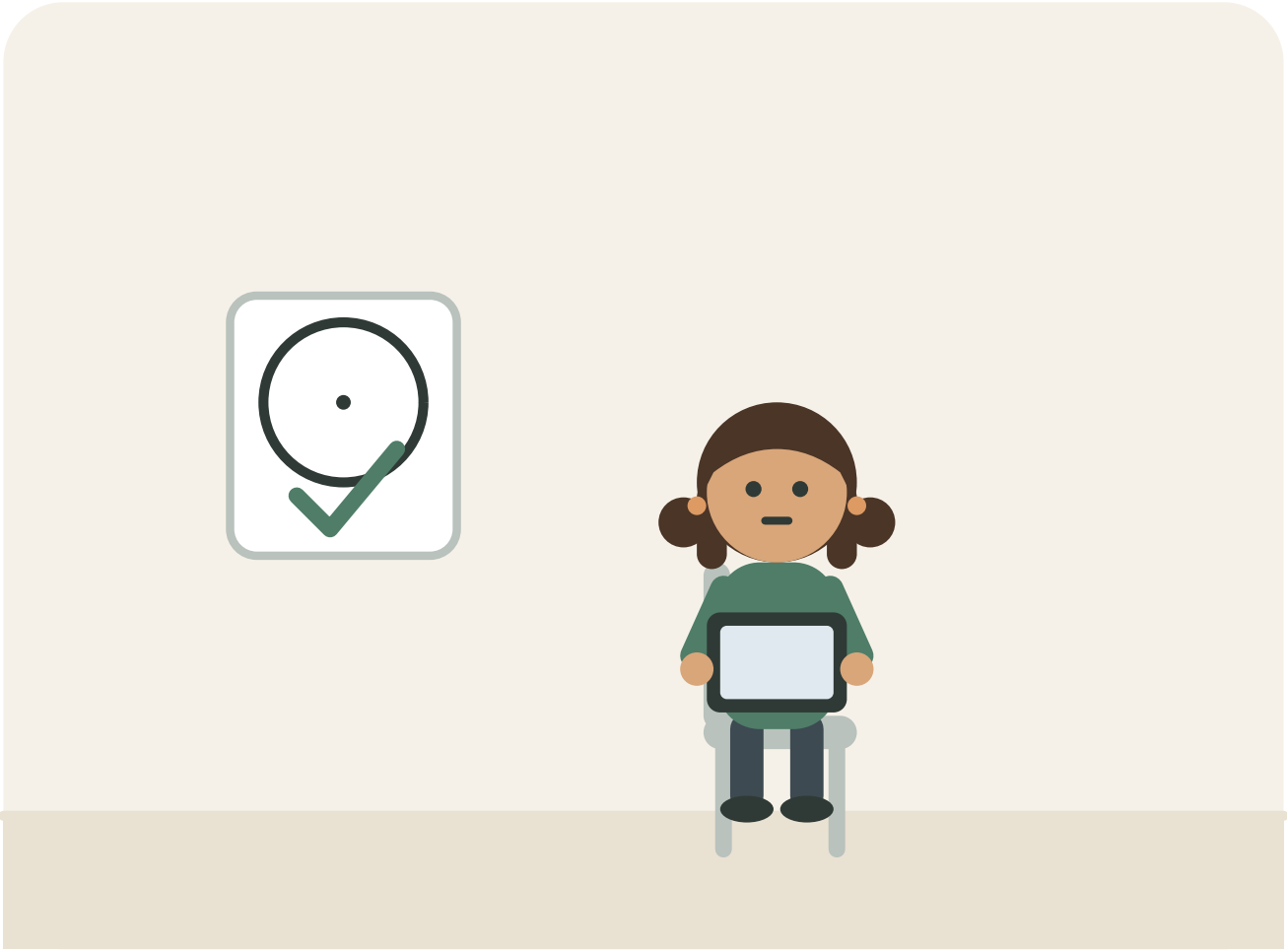
I may see or hear a one-minute warning.

I can begin getting ready to finish.



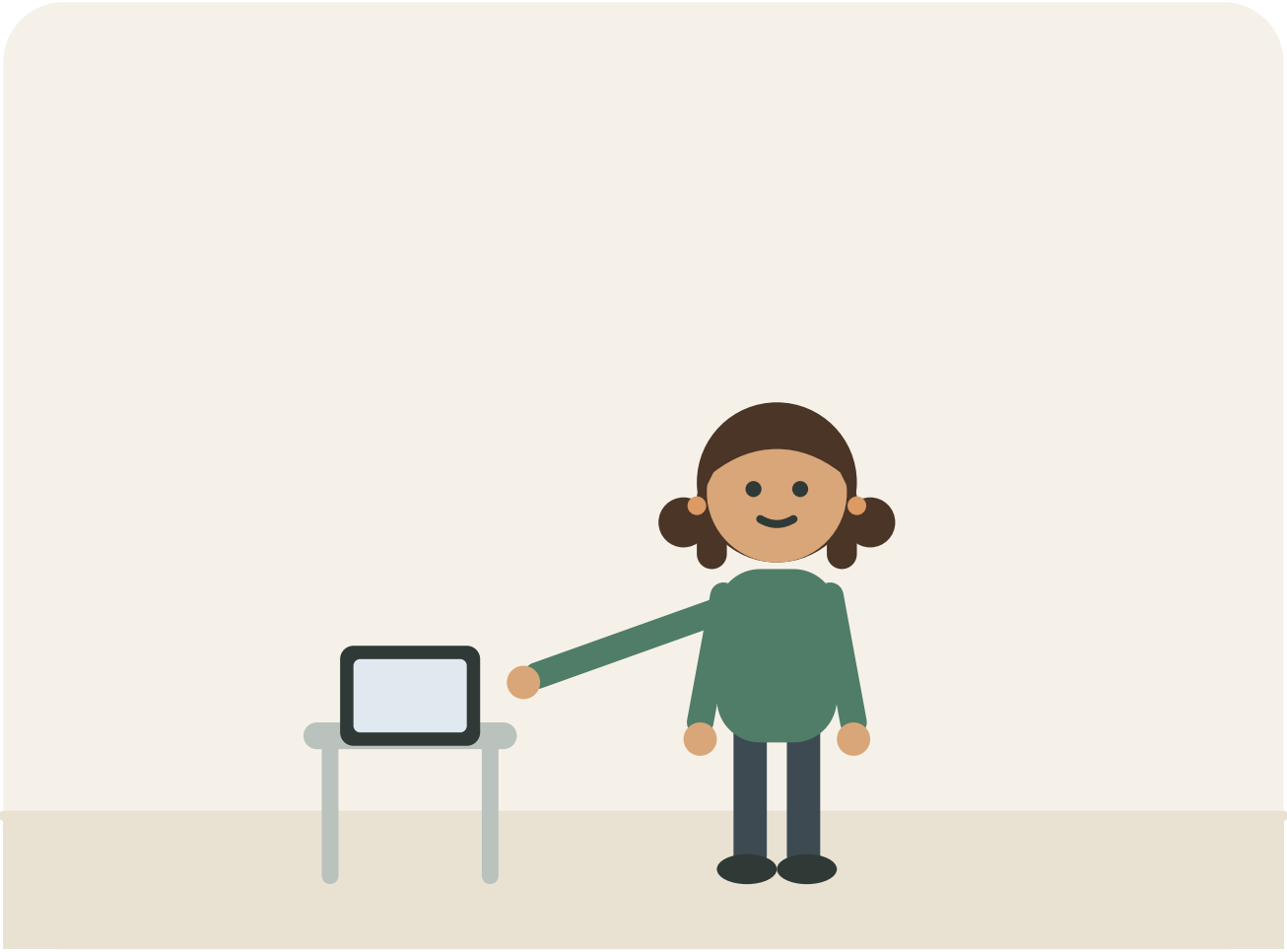
I can finish my turn, save my work or reach a stopping place.

Then I can close the activity.



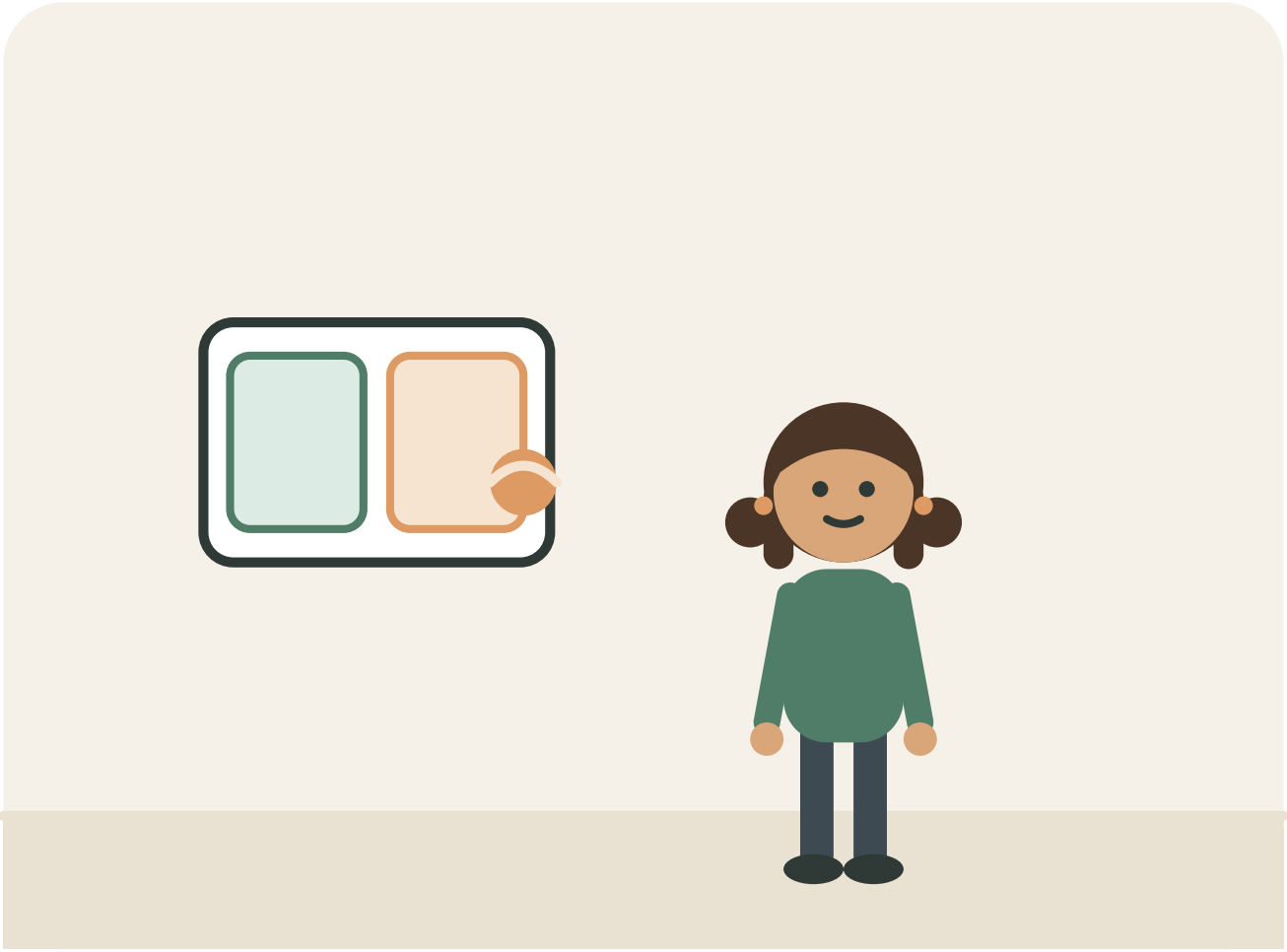
When the timer finishes, screen time is finished.

I may feel disappointed because I wanted more time.



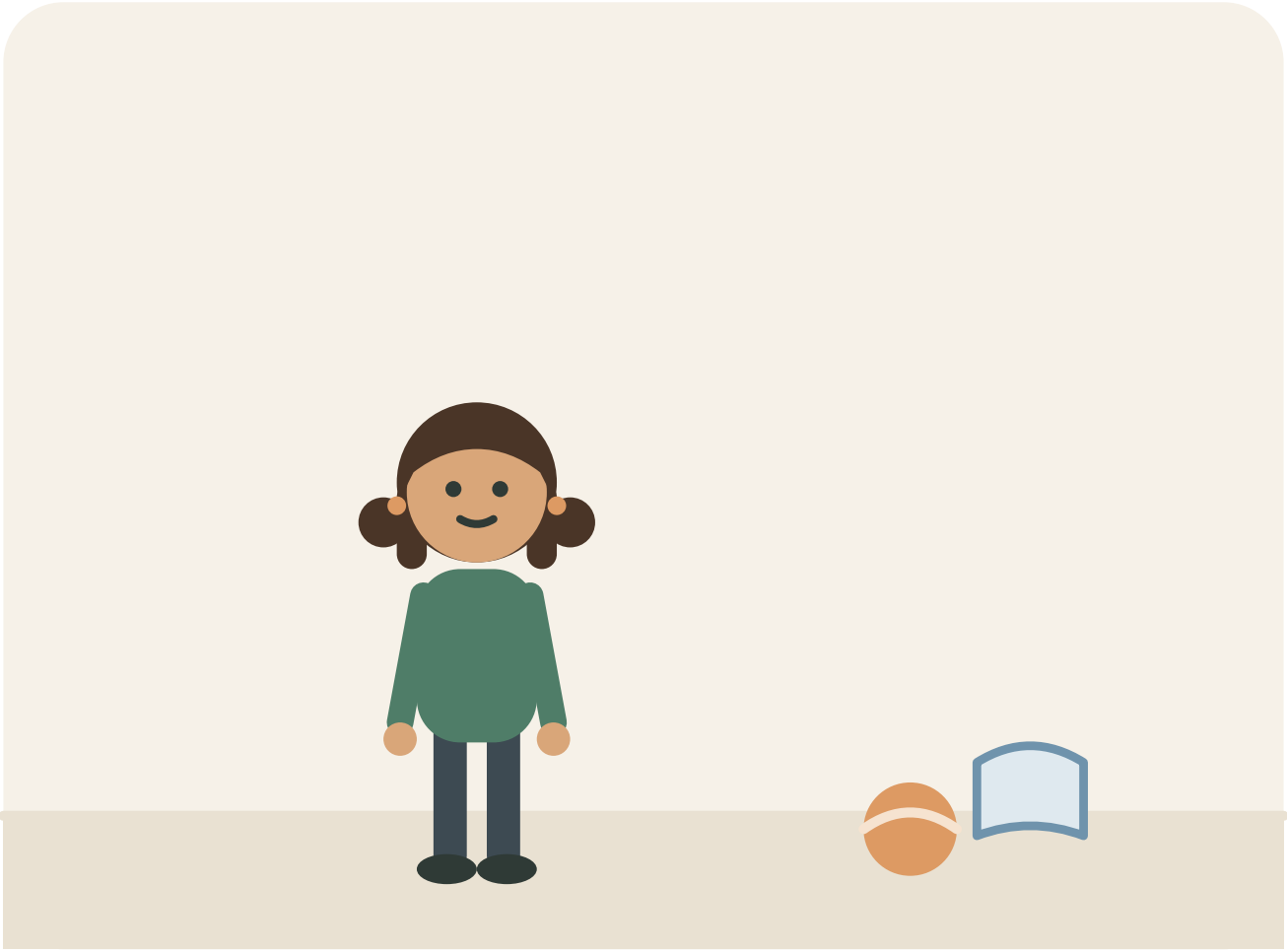
I can put the device in its usual place.

An adult can help me if I need support.



I can look at my First–Then board.

The board shows me what happens next.



Now I can move to my next activity.

The next activity may be different each time.

My Screen-Time Steps

Follow the steps from 1 to 8.

1

Use my screen

2

Five minutes left

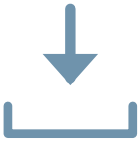
3

One minute left

4

Finish my turn

5

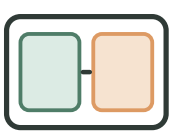


Save and close

6

Put the device away

7



Check what is next

8

Start the next activity

First – Then

FIRST

Finish screen time

THEN

Next activity

5 minutes left

1 minute left

Screen time finished

Break please

Things that may help me

See a visual timer

Hear a gentle reminder

Finish one last turn

Save my activity

Check my First-Then board

Have help moving on

How to use this pack

- Give the warning at a predictable time.
- Use the same countdown language when possible.
- Show the visual timer rather than relying only on repeated verbal reminders.
- Decide what “finished” means before screen time begins.
- When possible, allow the child to save progress or reach a clear stopping point.
- Show the next activity before the screen is removed.
- Avoid changing the promised finishing time unexpectedly.
- A child may still feel disappointed even when the transition is clearly explained.
- A visual resource may support the transition, but it cannot guarantee that the child will stop without distress.

This resource provides general visual support and is not medical or clinical advice.