Wellness Week 2021 Screen Time Limit Tips:

- 1. Start with Baby Steps
- 2. Unplug the bedroom
- 3. Create a screen time schedule
- 4. Out of Sight, out of Mind
- 5. Do other activities
- 6. Be Consistent
- 7. Do this Challenge with Friends and Family

Full PowerPoint: https://students.wvutech.edu/h ealth-wellness/counseling

