

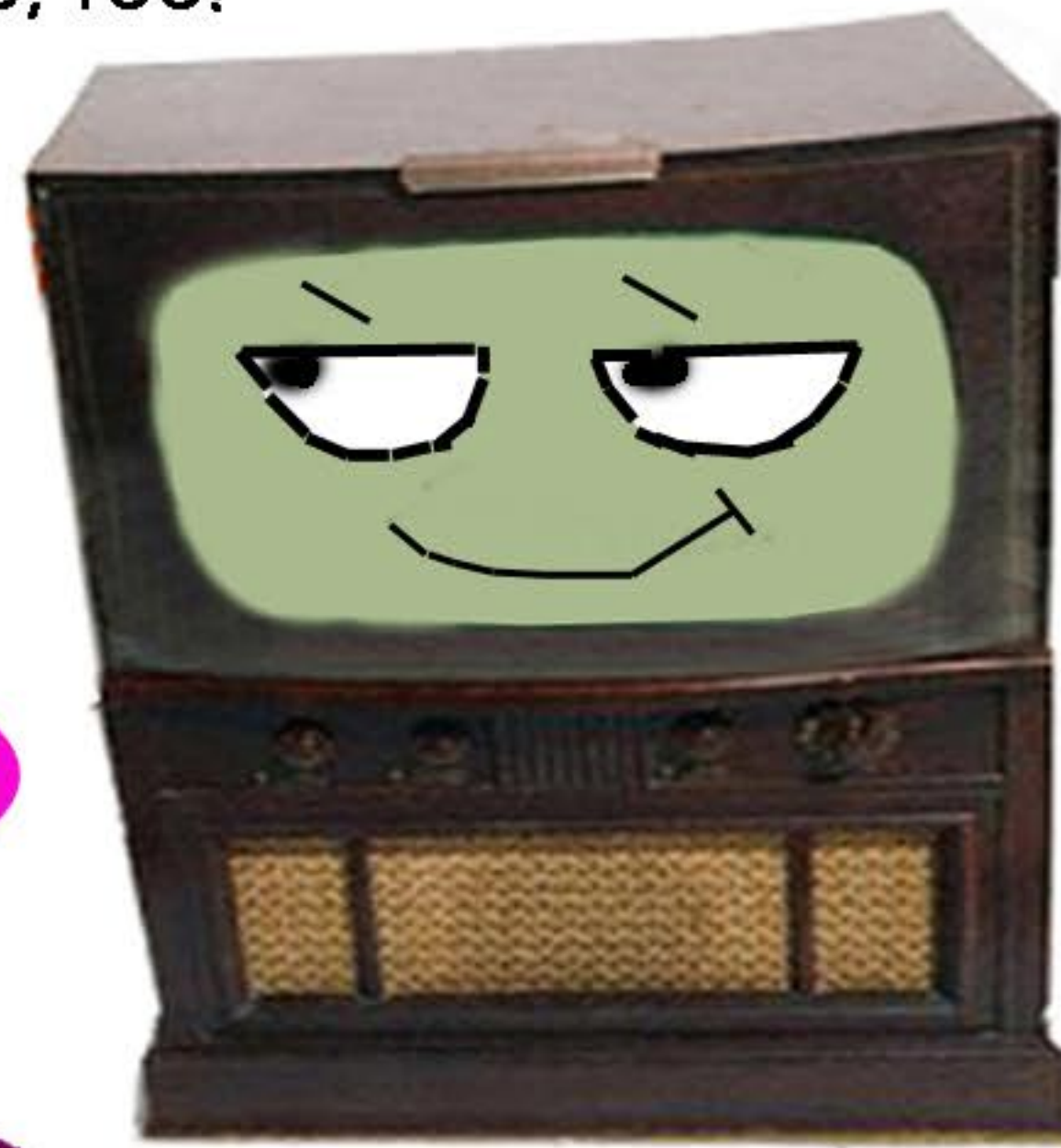
**ON**

# Uncle Dan's Report Card<sup>®</sup>

**OFF**

Volume 1, No. 6

I WANT TO READ AND WALK MY DOG SPOT.  
MY TELEVISION, THE ADMIRAL, WANTS ME TO WATCH HIM.  
WILL YOU PLEASE HELP ME MANAGE MY SCREEN TIME?  
CUT OUT THE HEALTHY CHOICE ABOVE AND TAPE IT ON THE ADMIRAL.  
DID YOU CHOOSE "OFF"? WOWZEEEEEE! YOU HELPED ME  
MANAGE MY SCREEN TIME! THANK YOU!  
SPOT THANKS YOU, TOO!



REMEMBER TO MARK YOUR  
UNCLE DAN'S REPORT CARD TODAY!

*Dear Uncle Dan,  
My daughter will not  
stop playing video games.  
It's interfering with her  
school work and bedtime.  
Any suggestions?  
Kelsey's Dad*

Dear Kelsey's Dad,  
Make a rule about how  
Kelsey earns her game time  
and set a maximum limit.  
She can earn her time by  
reading, helping around the  
house, cleaning her room, etc.  
By reducing her screen time,  
you will be helping her  
become a better student.

**Uncle Dan**