

You may have as much time on the Ipad/TV as you like - as long as all of these jobs have been done before you turn on the screen.

- Have you:
 - Made your bed
 - Had Breakfast
 - Dressed
 - Brushed your teeth
 - Brushed your hair
- 20 Minutes of reading
- 20 Minutes of writing or colouring
- Clean up 1 room (TV room / Bedroom)
- Played outside for 30 minutes
- Made or built something creative (lego, craft, sand etc.)
- Helped someone in the family (ask if there is a job you can do, if you can't think of something yourself)

..... Then you can watch TV/ Play the iPad