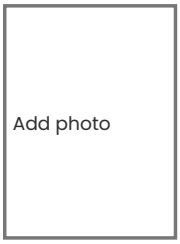
FAMILY AI APPS · CUSTOM FAMILY SHEET

Our screen-time ending plan

A custom family board · Not a shipped Routina template

1

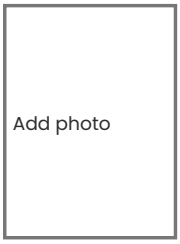


Timer warning

Two minutes left in this example

☐

2

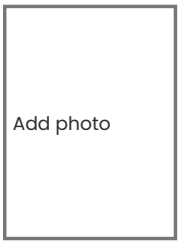


Screen off, device parked

Our end signal: timer rings

☐

3



Choose what comes next

Book beside you or blocks on the floor?

☐

Choose before the screen goes on

Our stopping point: _____ Device parking spot: _____

Choice A: _____ Choice B: _____

Add your own photos in the text-cue spaces. Stay nearby and help with the transition.

Custom text board, not an app screenshot. Add photos of your own timer, device and choices.

familyaiapps.com/guides/how-to-end-screen-time-for-kids