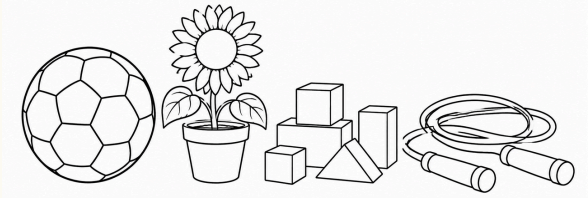
MY BREAK MENU

A little space for something else

Color the things you would like to try.
Add an idea of your own below.



I can take a break to:

- ☐ Move or play.
- ☐ Make something.
- ☐ Spend time with someone.

Draw another break idea:

Small breaks can be part of my day.

GROWN-UPS CAN HELP

You can tell someone

If a game, video, or message feels scary, mean, or confusing, pause and tell a safe grown-up.

“Something online bothered me. Can you look at it with me?”

Ask a grown-up before sharing your name, school, address, passwords, or photos online.

A grown-up I can ask:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

Progress is Progress LLC

www.progresscounselingprograms.com

Screens and Me

Fun. Breaks. Room to play.



I can notice how I feel and practice what helps.

Progress is Progress LLC

Mile or a Millimeter

01 / A QUICK CHECK-IN

How am I feeling?

Think about a game or video you use.
You can write, draw, or circle words.

What I played or watched:

BEFORE

Happy Bored Tired
Worried Excited Something else

AFTER

Calm Happy Cranky
Restless Tired Something else

My feelings give me clues.
I can ask for help noticing them.

02 / A PAUSE I CAN PRACTICE

One more round? I can make a plan.

Stopping can feel hard when you are having fun. A grown-up can help you choose a stopping point.

1 Plan before I start.

Ask: “When will I stop?
Can you remind me?”

2 Pause at the plan.

Save my game if I can.
Put the device in its agreed place.

3 Pick what comes next.

Get a drink, move around,
or try an idea from my break menu.

My next activity could be:

I can practice again next time.

03 / MY SMALL PLAN

Room for my whole day

Screens can be part of the fun.
My day also needs time for sleep, meals, learning, and people.

One screen activity I enjoy:

Something else I want time for:

My stopping point:

A grown-up to make a plan with:

“Can we make a screen plan that works for our family?”