

A → Z Screen Time Challenge!

A  Audiobooks  ☐	B  Birdwatching (Merlin App)  ☐	C  Chess online  ☐	D  Duolingo  ☐	E  Educational videos  ☐
F  Follow a new recipe  ☐	G  Geocaching  ☐	H  Home workout videos  ☐	I  Investigate your family tree  ☐	J  Just Dance JUST DANCE ☐
K  Karaoke  ☐	L  Learn flags of the world  ☐	M  Make your own music video  ☐	N  Nature documentary  ☐	O  Ocean live cam  ☐
P  Podcasts about your interests  ☐	Q  Quizlet  ☐	R  Run (Strava) STRAVA ☐	S  Stop-motion Animation  ☐	T  Tinkercad  ☐
U  Upcycle old belongings  ☐	V  Vlog  ☐	W  Wordle  ☐	X  eXplore on Google Maps  ☐	Y  Youtube tutorials  ☐
Z  Zoom a friend  ☐	 Tick a box* when you've completed the task			

Make the most of screens and see how many you can tick off.