

Social Narrative

Taking a Break from Screens



I like using screens and devices, like my phone, tablet, or computer. Screens are fun because I can play games, watch videos, and talk to friends. But sometimes, it is important to take breaks from screens to help my body and mind feel better.



Taking a break from screens is good for me. When I take a break, I will feel less tired or overwhelmed. I can use the break to do something different and take care of myself.



There are signs that tell me it is time to take a break. If I start to feel tired, frustrated, or my eyes hurt from looking at the screen, it is time to take a break.



Sometimes my parents will tell me it is time to take a break from screens. Taking a screen break can be hard because I am having fun so I might feel sad or mad. It is okay to feel that way.



I can try some calming strategies, like:

- Taking deep breaths
- Counting to 10
- Doing wall push ups



Taking a break does not mean I can never use my screen again. I can ask my parents when I will get screen time again and to set a countdown timer until my break is done.



When it is time to take a break, I can do something else I enjoy.

I can:

- Read a book
- Play with my toys
- Go outside and get some fresh air
- Listen to music or draw



I will try my best to take breaks when I need them, or when my parents tell me to. Taking breaks from screens is important for my health – it helps my eyes, body, and brain feel better. My parents will feel happy when I take a screen break.



Social Narrative – Break from Screens | 2025-10-22
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