



Little Gamers Plan

Help your kids find balance with screens — the fun way

We all know how easy it is for screen time to take over. Whether it's gaming, YouTube, or scrolling endlessly through videos, those hours add up fast and getting kids to unplug can turn into a daily battle.

That's where Groowble's Little Gamers Plan comes in. This simple points system turns reducing screen time into a *game* your child actually wants to play. By rewarding effort, not perfection, you can help them build healthy digital habits without the arguments.

How it works

- Each day, your child earns points for positive, off-screen behaviours.
- They can exchange these points for rewards you choose together.
- You decide how many points each activity earns and how often rewards are redeemed.
- Everything can be tracked directly in Groowble, or printed and filled in manually.

Points Matrix

Activity	Frequency	Points	Notes / Examples
No-screen day (all day!)	Daily	10 pts	A full day without screens — big win!
Under 1 hour of screen time	Daily	5 pts	Balanced use of devices.
Reading a book (20+ mins)	Daily	4 pts	Any book, comic, or magazine.
Playing outdoors	Daily	4 pts	Bike rides, ball games, walks, etc.
Creative play (drawing, Lego, crafts, music...)	Daily	3 pts	Encourage imagination.
Helping around the house	Daily	2 pts	Set or clear the table, tidy room, etc.
Family time (board games, cooking, chatting)	Daily	3 pts	Off-screen connection moments.
Learning something new	Weekly	5 pts	Piano piece, new recipe, fun fact...
Completing all daily routines without complaint	Daily	2 pts	School bag packed, teeth brushed, bedtime calm.

Tip: You can adjust the points to suit your child's age and how challenging each task is for them.

Rewards Menu

Reward	Cost (Points)	Notes / Ideas
30 mins extra screen time	10 pts	Bonus time on weekends or holidays.
Choose the next family film	10 pts	Or pick what's for dinner!
A small treat (snack, toy, sticker)	15 pts	Non-digital reward.
Stay up 15 mins later	20 pts	Weekend reward.
Pocket money	20 pts	For older kids, this works wonders.
Download or in-game credit	30 pts	Use rarely — for long-term effort.
Family outing of their choice	40 pts	Picnic, cinema, or bowling.

Groowble tip: Always make sure rewards match the effort. Small daily wins keep motivation high, and big rewards should feel earned!

Why it works

Kids love clear goals and instant feedback, it's what makes video games so addictive!

By using a similar reward system in real life, they can learn self-control, planning, and patience all while feeling proud of their progress.

Groowble helps you track their points, celebrate wins, and keep balance at the heart of your family life.

Parent reminder

This plan isn't about banning screens, it's about balance.

Some screen time can be creative, educational, or social. The goal is to help your child make conscious choices and feel good about them.