

A SOCIAL NARRATIVE

BEDTIME & EVENINGS SERIES



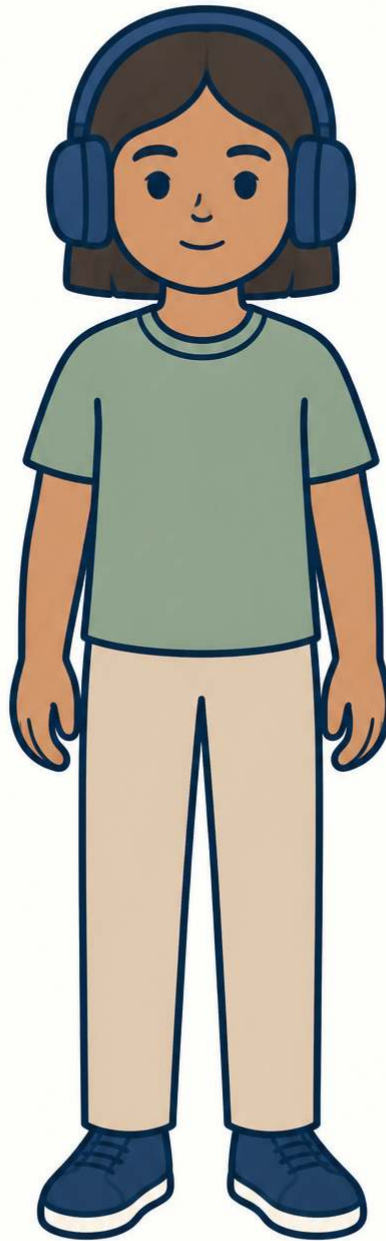
When Screen Time Ends



In the evening, screen time usually comes to an end at some point before bed.



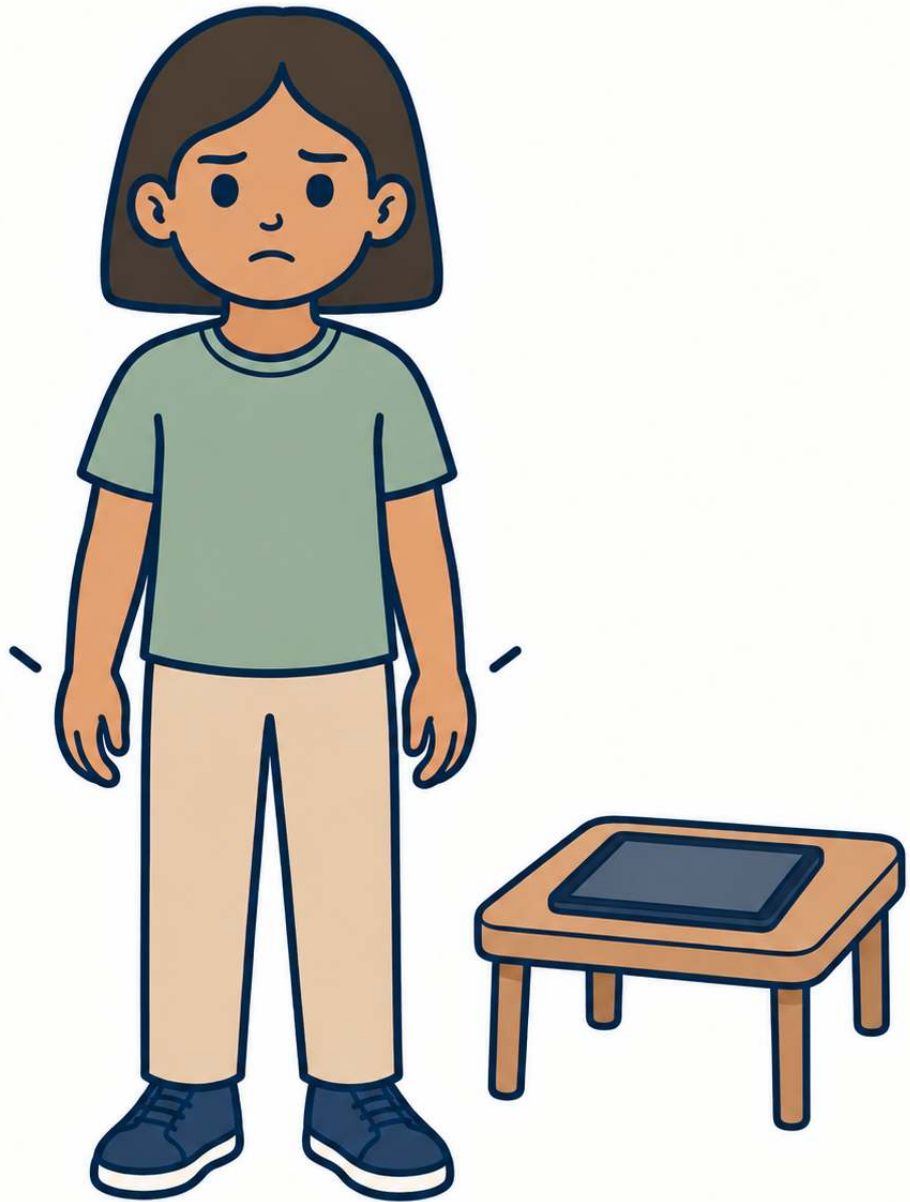
The same kind of screen time is usually available most evenings, for a while.



Sometimes screen time ends sooner than expected, like if something else needs to happen. That's okay.



a grown-up at home will let Remy know a little while before it's time to finish up, not all of a sudden.



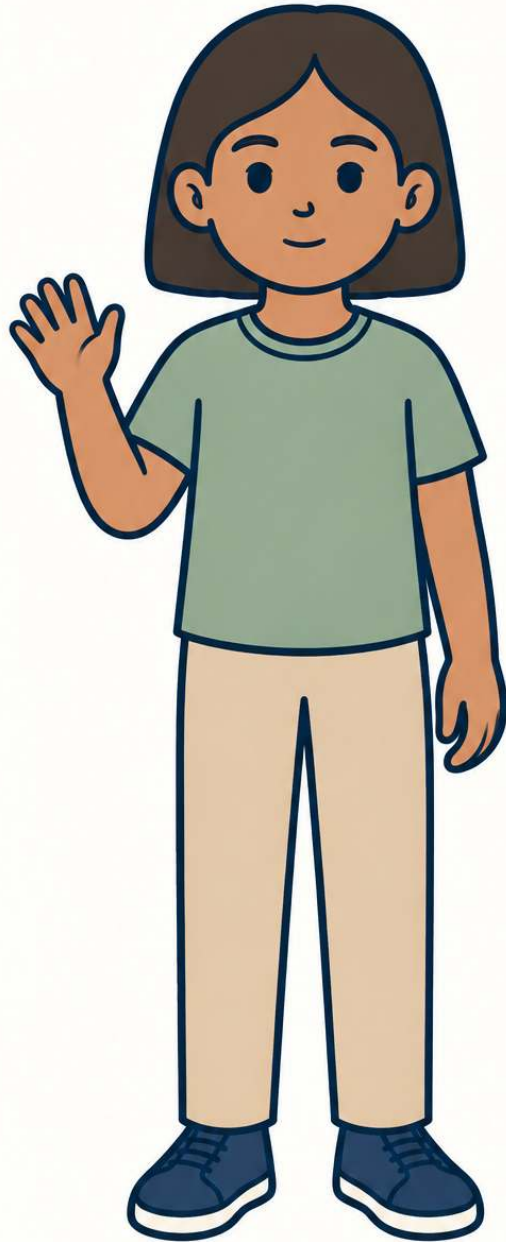
Stopping something fun partway through can feel frustrating in the body. That feeling is real, and it passes.



Some kids like a countdown. Some like to finish a level or a show first. a grown-up at home and Remy can work out what helps.



If it feels really hard to stop, Remy can ask for one more minute, or ask a grown-up at home for help finishing up.



Screens go off, and the evening continues.
There's always tomorrow for more.



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