
 Pets Unplugged: Screen-Free Pet Chore Checklist 

Winning the Screen Time Battle

Welcome to the **Pets Unplugged** family routine! This checklist is designed to help your child turn off the screen and connect with their best furry, scaled, or feathered friend. Every checkmark is a step towards responsibility, empathy, and real-world skills.

The Screen Time Rule

This is the golden rule that links responsibility to reward:

All assigned pet chores must be completed and checked off before any non-educational screen time begins for the day.

Daily/Weekly Goal:	<input type="checkbox"/> All Boxes Checked
Weekly Reward:	<input type="checkbox"/> Earn a Bonus Reward (e.g., Movie Night, New Sticker)

Age Range	Chore Suggestion	Skill Taught
Toddler (2-4)	Water Bowl Watch: Check if the bowl is empty and tell an adult (Adult pours).	Observation & Communication
Preschool	Food Prep Captain: Use a designated scoop to	Counting, Fine Motor

Age Range	Chore Suggestion	Skill Taught
(5-6)	measure and pour food into the bowl.	Skills
Elementary (7-10)	Buster's Brush-Up: Supervise a 5-minute gentle brushing session (for dogs/cats).	Patience & Gentle Touch
Older Kids (11+)	Walk & Report: Take the pet for a short walk and report back on their behavior (e.g., "He smelled the blue flowers!").	Responsibility & Physical Activity
Any Age	Tidy the Toys: Collect and place all pet toys in their basket.	Organization & Routine

Chore	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Goal	Reward Suggestion
5 Days Completed	Choose the next family movie/read a favorite book together (unplugged!).
7 Days Completed	Earn a Pets Unplugged sticker or a certificate as a "Pet Champion."
Bonus!	Visit the Pets Unplugged Shop to spend your chore allowance on a cool new mug or t-shirt!

Created by the **Pets Unplugged** Team | More fun downloads at: [Petsunplugged.com/downloads](https://petsunplugged.com/downloads)