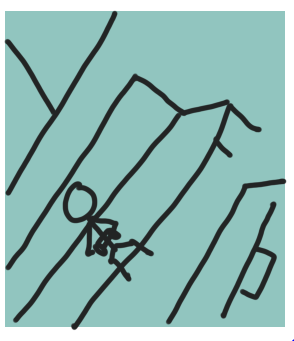
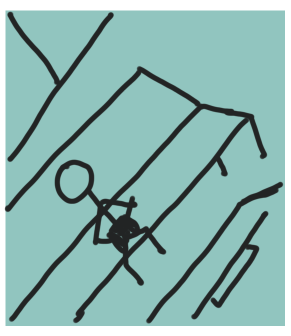
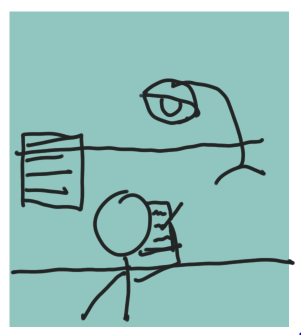
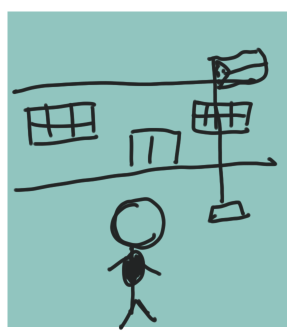
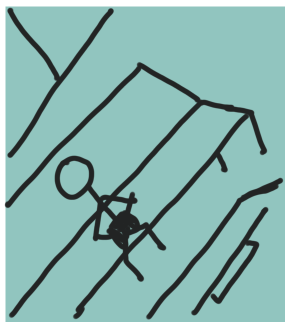
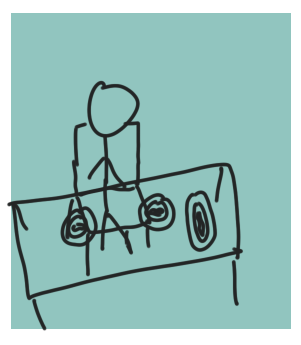
(Time routine can minimize the length of time.)

Starts playing game Continue playing after a couple of hours Checks phone for an alarm

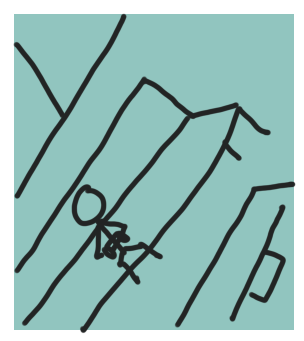
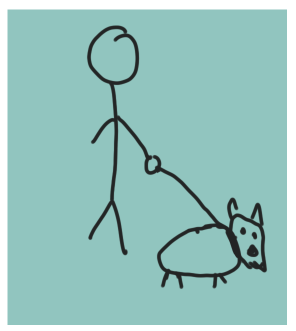


Set the alarm for tomorrow do the remaining homework Goes to school with rest

(Taking a break from games can also be helpful for your mind and soul.)

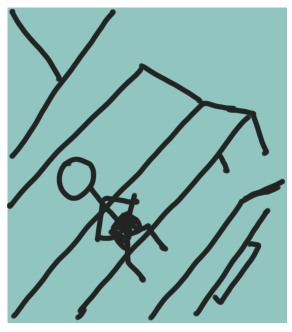
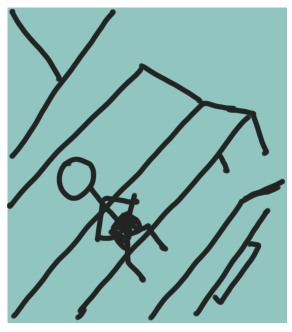
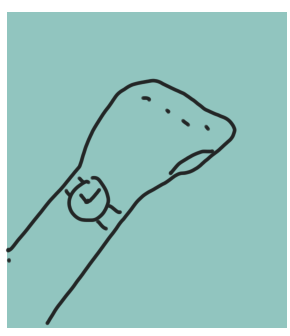
finish a game Go to the park eat in a restauran

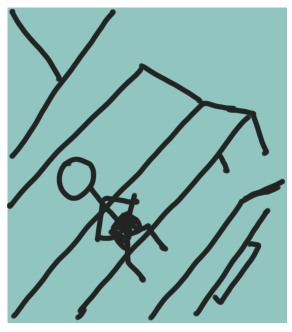
Go Fishing walk the dog After a break play again

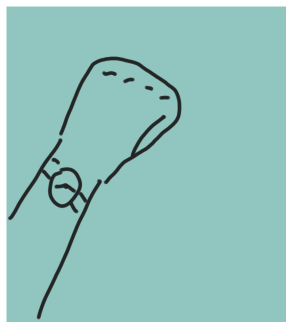


(Self-control is the way to handle yourself from playing video games.)

Start playing a game checks the time to stop for an hour plays again after



checks time to stop for an hour or two plays again after

  
checks time to finally stop and rest