

# Media Dag Planner

voor jouw ukkie

Datum: \_\_ / \_\_ / \_\_



M D W D V Z Z

Ochtend

Middag

Avond

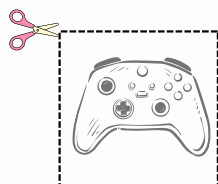
Bedtijd:

Omgaan met Media, hoe doe je dat? Dat kan soms best ingewikkeld zijn, want wanneer gebruik je nou welke media? Is het een goed idee om voor het slapengaan nog een druk spel te spelen of is het dan slimmer om samen een boekje te lezen of een verhaaltje te luisteren? Hoe dan ook is het belangrijk om afspraken te maken binnen jullie gezin over het gebruik van media.

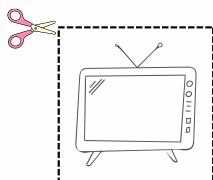
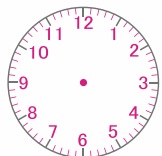
Aangezien jullie Ukkie nog klein is en wellicht nog niet kan lezen is het lastig om die afspraken inzichtelijk te maken. Pictogrammen kunnen hierbij helpen. Zo kan jouw Ukkie zien wanneer welke activiteit op de planning staat. Knip de pictogrammen uit en plak ze op de Media Dag Planner.

Dit kun je ook samen met jouw Ukkie doen.

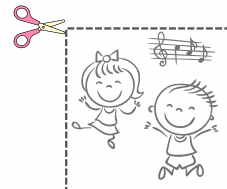
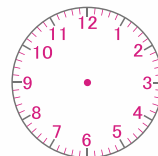
Veel plezier samen en succes!



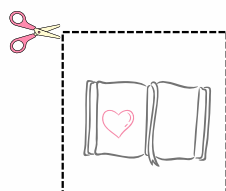
online gamen



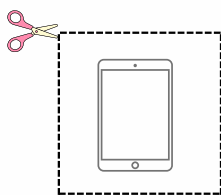
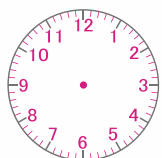
tv kijken



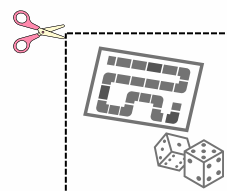
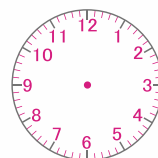
dansen



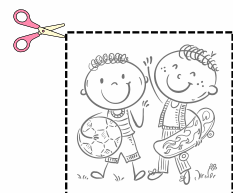
boekje lezen



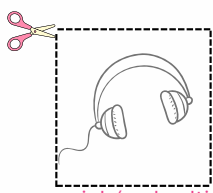
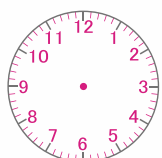
tablet



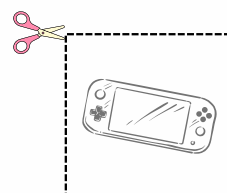
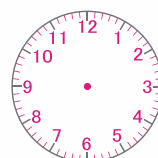
bordspel



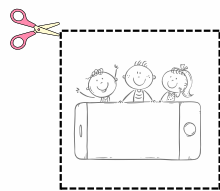
buiten spelen



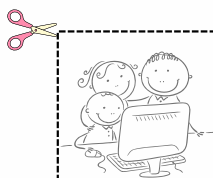
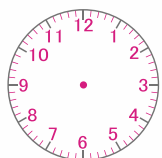
muziek/verhaaltje  
luisteren



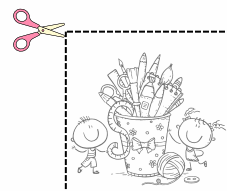
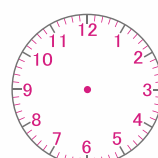
spelletje in  
de app



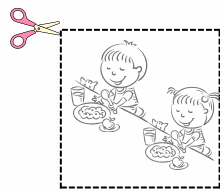
videobellen



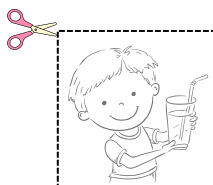
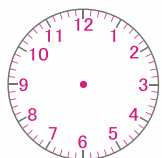
op de computer



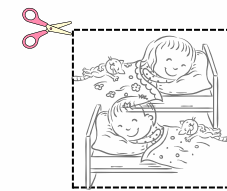
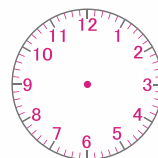
creativiteit



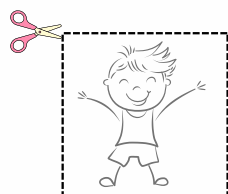
eten



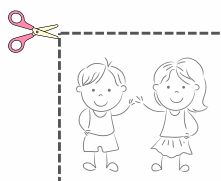
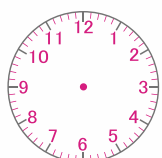
drinken



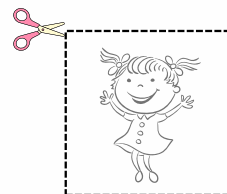
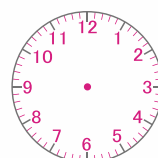
slapen



alleen



samen



alleen

