



Saif wants to reduce the time his family spend looking at their screens. What will he do about it?



# Saif and the Screen Jar

AIMED AT 6-9 YEARS OLDS



هيئة أبوظبي  
للطفولة المبكرة  
Abu Dhabi Early  
Childhood Authority



Hello my name is Mira

My friend Saif  
has a problem

An illustration of two children sitting on a grassy hill under a large tree. The child on the left is a girl with black braids, wearing a yellow shirt and a red skirt with yellow polka dots. The child on the right is a boy with a bowl cut, wearing a blue shirt and a purple skirt. Two white birds are perched on the tree branches. A speech bubble from the girl asks 'Why Saif?' and a speech bubble from the boy says 'I feel very sad Mira'.

Why Saif?

I feel very sad Mira

**My family are  
always looking at  
their screens and  
do not talk or listen  
to each other  
anymore!**





**So, I had an idea!**

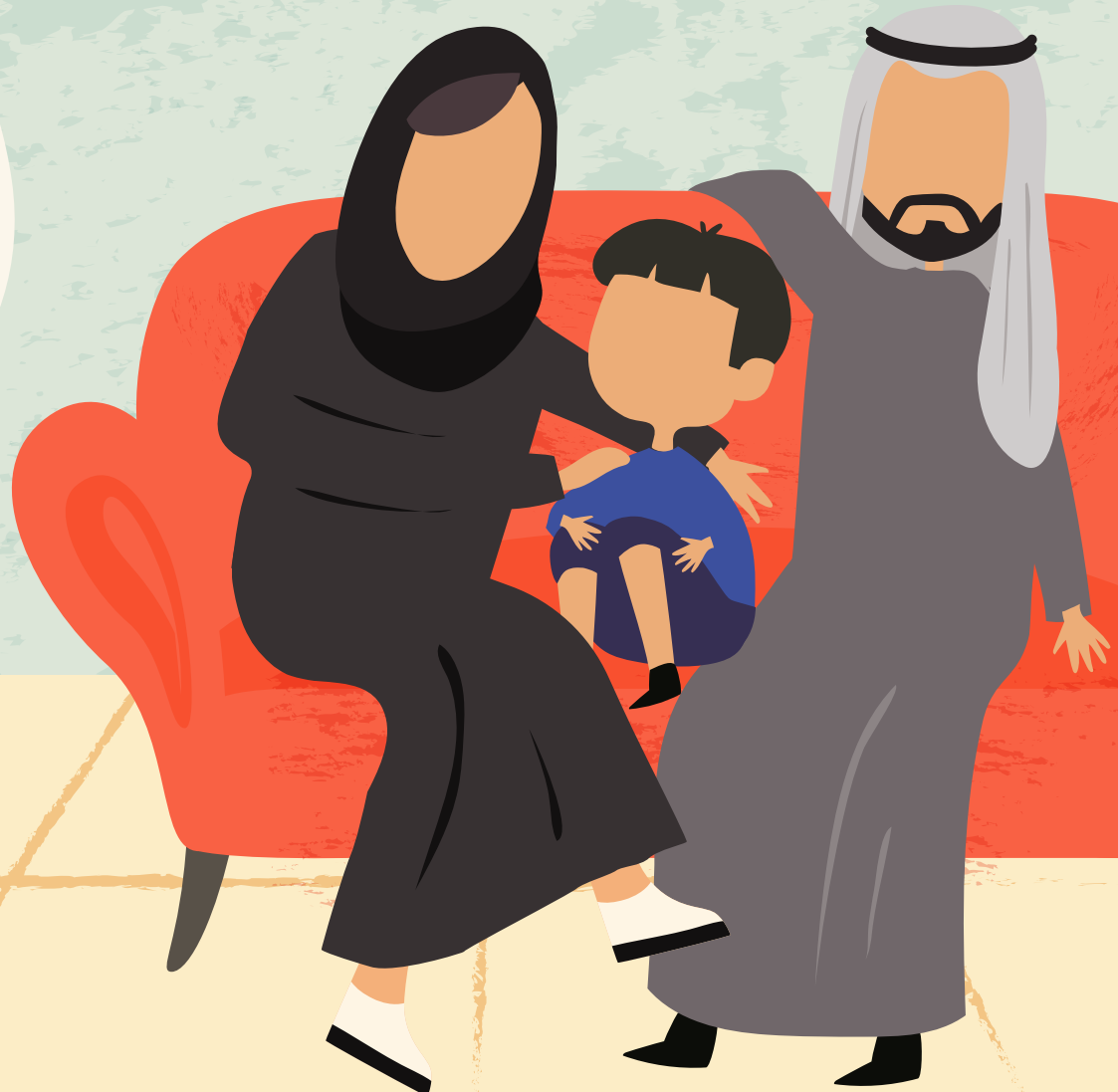
**I made a money jar and  
called it "The Screen Jar!"**

**If any of us look at our screens  
instead of talking or listening  
to each other, we must put  
money into the screen jar!**

**A few weeks later the  
screen jar was full!**

**We are all talking and  
listening to each other  
more than before.**

**It has started to work!**







Then suddenly...the screen  
jar fell and got broken!

We counted all of the  
money...there was a lot!





**“There is enough money to buy a large TV!” said my sister Maryam.**

**Oh no, that means another screen!**



WOOOOO  
HOOOOOO!!!!

“We are going to spend the money on a family dinner in a restaurant. We are NOT going to buy a TV.” said Mum and Dad.




On the walk to the restaurant, everyone was looking at their screens...

This made me feel very annoyed!

Who are you talking to now?





**No screens  
at the dinner  
table everyone**

**When we got to the restaurant,  
Mum and Dad made a new rule,  
to show us how important it is to  
talk together as a family...**



If you hand them to me, I will look after them for you



Everyone was very surprised!

The waiter took our screens and locked them away.


We ate our dinner and were happy and relaxed.

We laughed,  
we talked, and we  
listened to each other



We learnt that we should not  
look at our screens and spend  
more time together



An illustration of two children sitting on a grassy hill under a large tree. The child on the left is a girl with black pigtails, wearing a yellow shirt and red pants with yellow polka dots. The child on the right is a boy with black hair, wearing a blue shirt and dark pants. Two white birds are flying: one near the top of the tree and one on the ground to the left. Two speech bubbles contain text.

Maybe we should get a screen jar?

Now we talk to each other all of the time