

**Opening:** Lingokids.

**Elliot:** Is everyone excited for our big plans today?

**Cowy:** I am.

**Elliot:** Me too. I can't wait to go ice skating.

**Cowy:** I've never been ice skating outside. Yay.

**Elliot:** Lisa, are you excited? Lisa?

**TV Show:** Will the Silly Sea Serpent make it to the great Splash-Off Finals? Nobody knows.

**Elliot & Cowy:** Lisa.

**Lisa:** Yeah, yeah, yeah. I'm excited.

**Elliot:** We are too. Ice skating is going to be fun and slippery.

**Cowy:** Yay! Ice skating.

**Grown-up:** Wow, you are all really excited about the big plans to go ice skating.

**Billy:** [chirping]

**Grown-up:** Oh, good point, Billy. It might be too cold today.

**Elliot:** But we still want to go. Let's just open this window and see how it feels.

**Cowy:** Oh.

**Elliot:** Oh, it really is too cold.

**Billy:** [chirping]

**Grown-up:** You're right, Billy. We'll have to change plans.

**Speaker & Cowy:** Okay.

**Lisa:** Shh. I'm trying to see what happens next.

**TV Show:** Spectators are lined up to see the sparkling aquatic event.

**Grown-up:** Lingokids listeners, what do you think the kids are going to do since they can't go ice skating? Is Lisa paying any attention? Let's find out. Welcome to Storytime by Lingokids, where we discover fascinating facts about the world around us and the fun of Playlearning. Today, we will learn about screen time, and what you can do if you kind of like it but kind of don't.

**Cowy:** I'm disappointed that we can't go ice skating.

**Elliot:** Yeah, it was our big plan.

**Billy:** [chirping]

**Grown-up:** You're right, Billy. We can still do something special, just inside.

**Elliot:** Like what?

**Billy:** [chirping]

**Grown-up:** Cool idea, Billy. What about the butterfly center?

**Cowy:** What's that?

**Grown-up:** It's a special building that is full of, well, what do you think it's full of? Lingokids listeners, any idea what might be inside the butterfly center?

**Elliot:** Butterflies?

**Grown-up:** Yep, lots and lots of butterflies. It's nice and warm inside. Is everybody in?

**Elliot & Cowy:** Yes. Let's go.

[chirping]

**Grown-up:** Lisa, do you want to come?

**Lisa:** Yeah, but shh, I'm watching my show. I need to see one more episode.

**TV Show:** Next up, the Wiggle Bubble Bonus Round.

**Lisa:** I've got to find out who makes it past the Splash-Out Finals and into the Wiggle Bubble Bonus Round.

**Grown-up:** Lisa, you seem really into that show. Well, everyone, let's meet at the butterfly center instead of the ice rink.

**Billy:** [chirping]

**Elliot & Cowy:** Hooray.

**Elliot:** Yes.

**Cowy:** I can't wait.

**Lisa:** Shh.

**TV Show:** Aquatic contestants, take your marks.

**Grown-up:** Bye, everyone. See you at the butterfly center.

[driving sounds]

**Grown-up:** Oh, hi, everyone. Glad you made it. Oh, but where is Lisa?

**Elliot:** Maybe she's running late?

**Grown-up:** Maybe. Let's head inside. I'm sure she will be here any minute.

**Elliot & Cowy:** Whoa.

**Elliot:** There are butterflies everywhere.

**Cowy:** Look at that big orange one.

**Elliot:** Cowy, there's a butterfly on your head. [laughter] I see a cocoon.

**Cowy:** Cool.

**Billy:** [chirping]

**Grown-up:** Billy says it's actually called a "chrysalis."

**Elliot:** Kiss-a-lis?

**Grown-up:** [laughs] Close, Elliot. Chrysalis.

**Elliot:** Chrysalis.

**Cowy:** Chrysalis.

**Grown-up:** You got it.

**Billy:** [chirping]

**Grown-up:** Thanks for explaining, Billy. Butterflies build a chrysalis, moths build a cocoon. They both look like little pouches, but they're not quite the same.

**Elliot & Cowy::** Oh.

**Elliot:** Okay.

**Cowy:** I get it.

**Grown-up:** Hey, has anyone seen Lisa? I haven't seen her anywhere.

**Lisa:** Oh, it's so cold. Brr. Hi, I'd like size 5 ice skates, please. Brr. Where are my friends? Oh, I have big plans to be here with my friends. We're going ice skating. I'll just wait here. They must be late. [singing] Where are they? [phone ringing] Hello. You're where? The butterfly center? But what about our big plans to go ice skating? Oh, when did we decide to go to the butterfly center? Oh, I guess. I guess I wasn't really listening because I was watching my show.

Well, it's way too cold here anyways. I'll come join you. [door slamming] Here I come, Butterly Center. [footsteps] Ooh, beautiful butterflies.

**Grown-up:** There's Lisa.

**Cowy:** Lisa, we were worried.

**Lisa:** I'm sorry.

**Grown-up:** It's okay, Lisa. Shows can be so exciting to watch. Sometimes it's hard to hear anything else.

**Lisa:** Yeah, I guess I wasn't really paying attention. My show is so good, I always feel like watching another episode, but I don't want to miss time with my friends either.

**Elliot:** Lisa, there's a butterfly on your ear.

**Lisa:** Wow, it feels so tickly.

**Grown-up:** Paying attention to real life is pretty fun too.

**Lisa:** Yeah, even though I really like seeing the silly sea serpents on my show. Sometimes when I watch a lot, I feel a little bit icky or sticky or like not very good, but also a little bit good.

**Grown-up:** There are a lot of people just like you, Lisa. Sometimes, shows are specially made so you want to watch another and another. You didn't do anything wrong, and you don't need to feel bad about liking your show. The trick is finding a good balance.

**Lisa:** Balance? What's that?

**Elliot:** Yeah, what's that?

**Grown-up:** Balance means finding the right amount of screen time and the right amount of other things.

**Lisa:** Like playing with friends?

**Elliot & Cowy:** Yes. Playing with us.

**Lisa:** I could decide some days that I don't use screens, like maybe Wednesdays.

**Grown-up:** Screen-free Wednesdays. That could be really fun. It also helps to ask yourself some questions when you're using screens, like how does this make me feel, and who made this?

**Lisa:** Hmm, I've never thought about that. I don't know who made the Silly Sea Serpents Show.

**Grown-up:** Even if you don't know all the answers, it's still great to practice asking some questions.

**Elliot:** Can I watch your show with you, and then we can ask questions together?

**Billy:** [chirping]

**Grown-up:** Billy also wants to watch.

**Coww:** Me too.

**Lisa:** Yes, I'd love that, but not on a Wednesday. [laughter]

**Grown-up:** Lingokids listeners, thanks for coming along to explore screen time and balance. We thought of some useful ideas together. Do you have your own tricks for finding a good balance? We'd love to know what they are. You can share them by sending us an email at [podcast@lingokids.com](mailto:podcast@lingokids.com). Ask a grown-up for help.

If you are ready for interactive Playlearning time, explore our Lingokids app. It offers fun and educational songs and games to help kids, ages two and older, learn and develop important skills, such as communication, collaboration, critical thinking, and creativity. That's the power of Playlearning. See you in our next episode.

[music]

**[00:08:41] [END OF AUDIO]**