

My Time and Screen Time

My Screen Time

Tell an adult at home what you were learning about today. In the spaces below, write or draw what you do on the internet. e.g. watch movies, play computer games, read an ebook.



Phone



Tablet



TV



Laptop



Games

My Time and Screen Time

My Screen Time

In the three spaces below, draw or write what you can do instead of going on screens.

Why might we need to take a break from screens every now and again? Talk about this with a trusted adult.

e.g. Think about 'My ALFL 5 Ways to Feel Good' - school, sleep, being active, eating healthy, play.

