Name _____ Date _____

ICT · Screen time balance

Healthy Habits

Circle healthy screen habits.

1. taking breaks — healthy — not healthy

2. using screens all day — healthy — not healthy

3. playing outside too — healthy — not healthy

4. screens off before bed — healthy — not healthy

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Name _____ Date _____

ICT · Screen time balance

My Day

Write how much time you spend on these.

Playing outside: _____

Reading: _____

Screens: _____

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Name _____ Date _____

ICT · Screen time balance

Fun Without Screens

Draw a fun activity without a screen.

Screen-free fun

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ANSWER KEY

Name _____ Date _____

ICT · Screen time balance

Healthy Habits

Circle healthy screen habits.

1. taking breaks — **healthy** / not healthy

2. using screens all day — healthy / **not healthy**

3. playing outside too — **healthy** / not healthy

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ANSWER KEY

Name _____ Date _____

ICT · Screen time balance

My Day

Write how much time you spend on these.

Playing outside: _____

Reading: _____

Screens: _____

Answers will vary.

ANSWER KEY

Name _____ Date _____

ICT · Screen time balance

Fun Without Screens

Draw a fun activity without a screen.

Screen-free fun

Drawings will vary.