

Tracking and Balancing Screen Time

Name: _____ Date: _____

LEARNING OBJECTIVE

Student will be able to track their own screen time for a day and create a realistic personal balance plan.

MATERIALS NEEDED

- Paper
- pencil
- ruler
- a clock, phone, or device with screen time tracking (with parent permission to check)

HANDS-ON ACTIVITY

1. Using your ruler, create a simple 24-hour log chart on paper, divided into hour blocks for one full day.
2. Throughout the day (or using your device's built-in screen time tracker with a parent's help), record how much time you spend on screens each hour, and what you were doing (school, games, videos, social media, etc.).
3. At the end of the day, add up your total screen time and sort it into categories (e.g., school-related, entertainment, communication) using a simple pie chart or bar graph you draw by hand.
4. Compare your screen time total to a recommended guideline (discuss with a parent what feels like a healthy amount for your family) and identify one category you'd like to adjust.
5. Create a simple written 'balance plan' listing 2 specific screen-time goals and 2 non-screen activities you'll do more of instead.

QUESTIONS

1. What was your total screen time for the day, and what was the largest category?
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2. How did breaking your screen time into categories (school, entertainment, etc.) change how you felt about your total number?
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3. What are your 2 specific screen-time goals from your balance plan?

4. What are 2 non-screen activities you plan to do more of, and why did you choose those specifically?
