

# Scroll or control?



Grades: 6 to 9

Have you ever opened an app just for a minute and ended up spending much longer than you expected? You're not alone. Many apps are designed to keep us scrolling.

In this activity, you'll explore different situations and decide if they are examples of scrolling (automatic habits) or taking control (making intentional choices). As you go, you'll think about how these choices can affect your time, focus and mood. At the end, you'll reflect on your own screen habits and choose one strategy to help you take more control.

## Part 1: Scroll or control?

Read each scenario and decide: Is this Scroll (automatic) or Control (intentional)? Circle one and explain your thinking:

1. You open your phone to check one message, but end up scrolling for 30 minutes.

SCROLL    CONTROL

Why did you choose this option?

---

---

2. You set a timer before playing a game and stop when it goes off.

SCROLL    CONTROL

Why did you choose this option?

---

---

3. You feel bored and immediately open social media without thinking.

SCROLL   CONTROL

Why did you choose this option?

---

---

4. You choose to watch one video you planned to see, then put your phone away.

SCROLL   CONTROL

Why did you choose this option?

---

---

5. You stay up later than planned watching videos.

SCROLL   CONTROL

Why did you choose this option?

---

---

6. You decide to take a break from screens and go do something else.

SCROLL   CONTROL

Why did you choose this option?

---

---

## Part 2: Reflection

Which situations were hardest to decide? Why?

---

---

---

When do you notice yourself scrolling without thinking?

---

---

---

How can small choices help you take more control of your screen time?

---

---

---

## Part 3: My plan

Think about your own habits. One habit I want to change is:

---

---

---

One strategy I will try is:

- Set a timer
- Take breaks
- Put my device away at certain times
- Do something else when I feel bored
- Other: \_\_\_\_\_