



My screen time check-in

Grades: 4 to 6

We use screens for many things throughout the day, like learning, playing games, watching videos and staying connected with others. Sometimes, we don't even notice how often we're using them!

In this activity, you'll map out your day from morning to night and record when you use screens and what you're doing. Then, you'll look for patterns by circling your longest screen time and starring your favourite non-screen activity. Finally, you'll reflect on your day and choose one small change that could help you create a better balance.

My day timeline

Morning (6am-12pm):

Afternoon (12-5pm):

Evening (5-9pm):

Understanding your screen use

For each screen activity you listed, think about why you were using it. Was it for:

- Learning (schoolwork, research, tutorials)
- Fun (games, videos, entertainment)
- Connecting (messaging friends, video calls, social media)
- Creating (making videos, art, music, writing)

Look for patterns

Reflect on your day:

- Does anything surprise you?
- Do you feel like your day is balanced?
- How did you feel during and after your screen time (energized, tired, happy, focused..)?

Think about one small change you could make, like taking a break or trying a different activity, and write down what you'd like to try.

One time I can take a break from screens is:
Example: After lunch, before I start my homework.

One thing I can do instead is:
Example: Play outside, read a book, draw, play with a pet or build something.

One week later: Check in

Come back to this activity in one week. Did you try your small change? What happened?

- Did you notice any differences in how you felt?
- Was the change easy or hard to do?
- Do you want to keep doing it, or try something different?

Remember: Everyone's balance looks different, and that's okay!