

# Managing Screen Time



## Tech-Free Zones

Make a tech free zone in your house! It doesn't have to be a big space, maybe a chair in the living room or the dining room table. Don't use any technology when you are in the zone! Put your phones and tablets away. Make sure your whole family respects the tech-free zone!

## Learn something new

The internet is a great place to learn something new! Next time you want to pick up your phone or tablet, why not try to learn something new. Talk to your parents about a new skill or hobby you would like to learn and they can help you find YouTube videos for you to learn!



## Make screen time green time!

The key is balance. Technology has both positive and negative effects. So, why not take your devices outside. Sit in the garden when using your devices (if the weather is good!) or enjoy some fresh air while you watch YouTube.



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