

Measuring My Screen Time

Textbook

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Finding Healthy Screen Time

Ms. Chen's class was learning about healthy technology habits. "Today we'll measure our screen time to make sure we're using devices in healthy ways," she said.

Students used the timer app on their tablets. After 20 minutes of coding practice, the timer beeped. "Time for an eye break!" Ms. Chen announced. Everyone looked out the window and blinked several times.

Marcus noticed he'd been hunched over. "My back feels stiff," he said.

"That's why we take breaks," Ms. Chen explained. "Our bodies need to move and our eyes need to rest."

After tracking their time for a week, students discovered they used devices more than they thought. "Now we can make healthy choices," Ms. Chen said.

Why Measure Screen Time?

Measuring helps us:

- Know exactly how long we use devices
- Take breaks to protect our eyes
- Move our bodies regularly
- Balance screen time with other activities

Healthy Screen Time Habits

The 20-20-20 rule:

- Every 20 minutes
- Look at something 20 feet away
- For at least 20 seconds

Good posture reminders:

- Sit up straight
- Feet flat on floor
- Screen at eye level
- Arms comfortable

Recording Your Screen Time

Track your daily use:

1. Use timer or stopwatch app
2. Write down minutes for each activity
3. Add up total at end of day
4. Create simple bar graph
5. Look for patterns

Example daily record:

- Math app: 20 minutes
- Typing practice: 15 minutes
- Drawing app: 25 minutes
- Total: 60 minutes

Creating a Screen Time Graph

Use computers to make bar graphs:

- Type activities and minutes
- Computer creates bars
- Taller bars = more time
- Compare different days
- See which day had most screen time

Is Your Screen Time Healthy?

Check your data:

- Under 2 hours daily = healthy balance
- Over 2 hours = might need reduction
- Look at longest activities
- Plan where to cut back

Signs You Need Less Screen Time

Your data might show:

- Using devices over 2 hours daily
- Not taking enough breaks
- Screen time increasing each day
- Less time for other activities

Screen-Free Activities

Replace extra screen time with:

- Outdoor play
- Reading books
- Building projects
- Drawing with crayons
- Board games
- Sports activities

Making Changes Based on Data

If your graph shows too much screen time:

1. Set daily limits
2. Use timers to track
3. Plan screen-free activities
4. Check progress weekly
5. Celebrate improvements

Tracking for Health

Simple tracking method:

- Note start and end times

- Record in digital table
- Calculate total minutes
- Compare to healthy goals
- Adjust next day's plan

Critical Thinking Questions

1. How does recording your screen time help you make healthy choices?
2. What would a bar graph show if someone used devices for 3 hours every day?
3. If your data shows too much screen time, what changes could you make?

Sentence Stems

- "My screen time data shows (blank space)."
- "I can reduce screen time by (blank space)."
- "Recording helps me see (blank space)."