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What is Screen Time Balance

Mastering Screen Time Balance for Healthy Digital Habits

DEFINITION

Screen time balance means using devices in a way that is healthy and productive. It involves finding the right amount of time to spend on screens without it affecting other important activities.

KEY CONCEPTS

Healthy Limits

Setting time limits on screen use helps maintain a balanced lifestyle.

Physical Activity

Incorporating physical activities into your day is essential to counterbalance screen time.

Sleep Hygiene

Limiting screen time before bed can improve sleep quality and overall health.

Active vs. Passive Use

Active use involves engaging with content (like learning apps), while passive use is just watching videos or scrolling.

Social Interaction

Engaging with friends and family in person is important for emotional well-being.

EXAMPLES

- Limit gaming to 1 hour a day.
- Use educational apps for 30 minutes daily.
- Take a 15-minute break every hour of screen time.

MEMORY TIPS

- ★ Think '1-2-3' for 1 hour of screen, 2 hours of play, 3 hours of sleep.
- ★ Use the acronym 'S.A.F.E.' - Screen time is Active, Fun, Engaging.
- ★ Visualize a balanced scale with screens on one side and activities on the other.

COMMON MISTAKES

- ✗ Not taking breaks during long screen sessions.
- ✗ Confusing passive screen time with productive activities.
- ✗ Ignoring signs of fatigue or distraction from screens.

QUICK RECAP

Screen time balance is about managing device use for a healthy lifestyle. Remember to set limits, engage actively, and prioritize physical and social activities.