

Check your screen time

We all spend time online and it's important that we maintain a balance between our digital world and activities like reading a book, going out with friends or physical activity. Estimate how much time you spend in one day in the following online activities and add up your estimated total daily screen time. Then, track your actual time spent on these activities every day for one week.

At the end of the week, ask yourself these questions:

What was your average daily screen time?

How close was your estimate to your actual daily screen time?

Are you surprised at the result?

Why?

Do you think all screen time is of equal value?

Why or why not?

Screen time activity	Estimated hours per day	Day 1	Day 2	Day 3	Day 4	Day 5
Watching TV or videos (include streaming services, YouTube, Instagram, TikTok or other video content)						
Playing video games (on a console or hand-held gaming device, phone, tablet or computer)						
Browsing the Internet, reading articles or blogs, shopping online						
Sending emails						
Doing schoolwork						
Social media (Instagram, TikTok, Snapchat...)						
Content creation (making digital art, videos, music...)						
Communicating with friends (texting, group chats, video chat...)						
Other _____						
Total screentime per day						