

Succeed With Screens: Evaluation of Screen time Use

1. Color in the pie chart to reflect how much time a child spends using screens in each of these category during the week. (Ex: All academic work is online - fully shaded; Leisure: Video games are balanced with outdoor play - 50% shaded)
2. Determine 2 categories with the highest level of screen use in which you wish to make changes to increase engagement in interactive and multi-sensory activities. For each category, choose 1 concrete measure that you can implement this week in order to achieve a positive change and improve balance.

1. _____ 2. _____

