**Directions:** Think about the last time you had a free day or part of a day that was not occupied by school or other organized activities. Use the table below to list your activities in the appropriate columns. Reflect on each activity: How did you choose to spend your free time? What people were you with? What activities and content did you engage with? How much of it was based on a screen versus off-screen? When you’re finished, share your list with a partner or group.

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| Screen-Based Activity | Screen-Free Activity |
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What does your list suggest about the role of screen time in your life? Would you consider this positive or negative?