



Relationships

Screen Time Solutions - Ages 9-10 - Piece 5

Warning sign	Solution
Family members are all using their devices at meal times and on days out.	
You have noticed that you are taking your mobile or tablet to bed every night.	
You don't do as much with your friends as you used to. You mainly chat through messaging and in school.	
You get angry or anxious when your device stops working, or you can't use it for some reason.	
You get overly angry or sulky when you lose in a videogame.	
You don't want to go to a club or activity you used to enjoy because you would rather be playing a game/watching videos on a device.	
You have a headache and sore eyes from looking at the screen too long.	



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Day of the week	Family members For each 15 minutes spent on a device (PC, laptop, tablet, games console or mobile) put one tally mark				
	Name:	Name:	Name:	Name:	Name:
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					