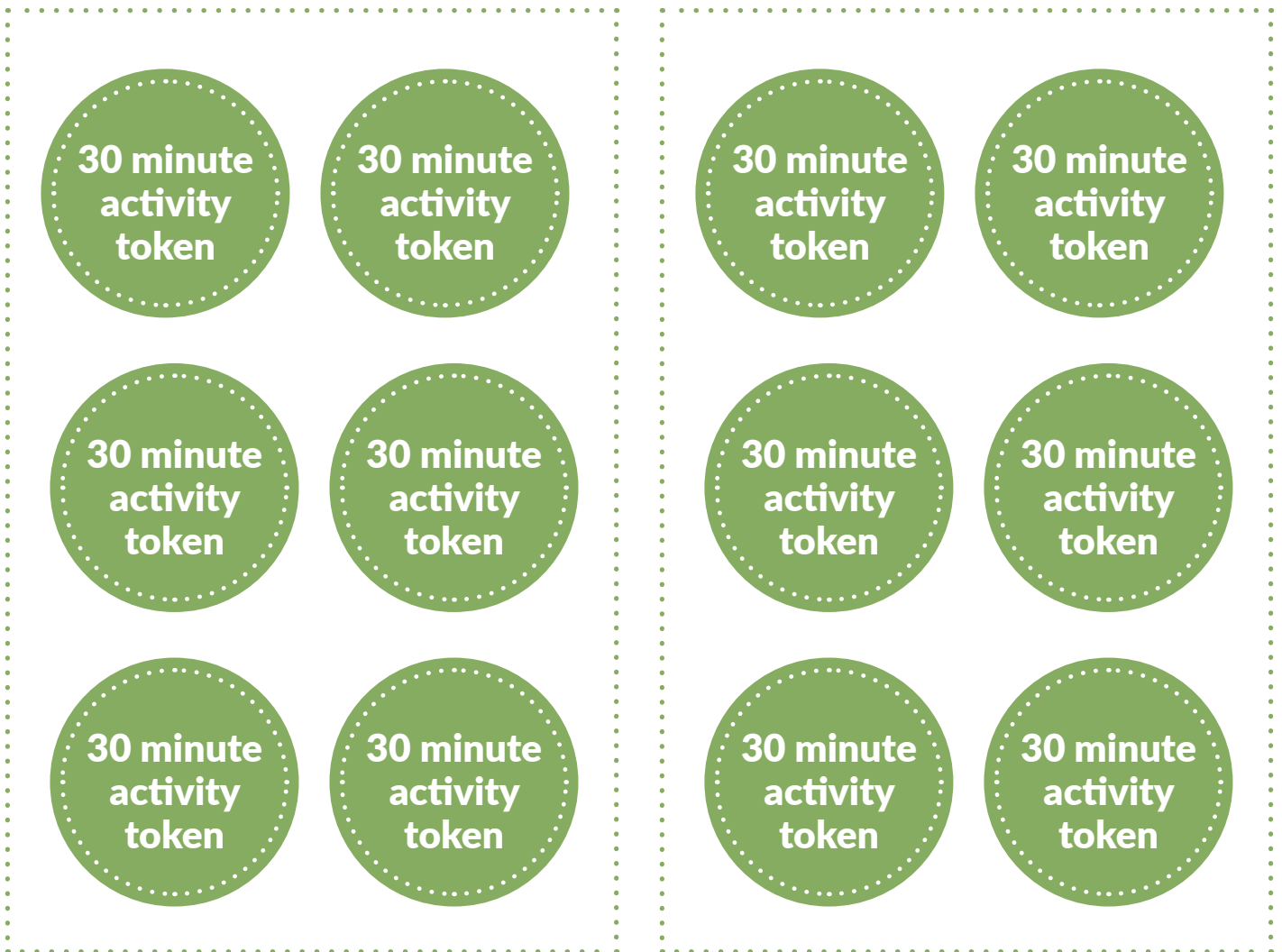


### 7. TIME ONLINE (CONTINUED)

#### TOKENS

Print and cut out 5 tokens for each team.




### 7. TIME ONLINE (CONTINUED)

### TAKE IT FURTHER A CHALLENGE



 30 mins for the activity, 1 week for logging

 **MATERIALS:**  
Tokens and log book (see Tool below), digital device.

#### WHAT HAPPENS:

Are you up to the challenge? For the next week try to spend no more than 2 hours a day in front of a TV, computer, smartphone, tablet, or video game screen – except for homework.

You get 3 tokens per day, each one representing 30 minutes of screen time. Every time you use a token, make sure you write on it what day it was used and what for. Put the used tokens aside. That way you will create a record.



At the end of the week discuss with your group whether it was hard to keep the limit. What did you learn?

What did you do instead of screen time? Would you have coped with less screen time?

#### DID YOU KNOW?

We spend approximately 6 hours and 43 minutes online each day. If we allow roughly 8 hours a day for sleep, that means we currently spend more than 40 percent of our waking

lives using the internet. – [Digital 2020: Global Digital Overview, Data Reportal](#)

### TOOLS ★

#### TOKENS

Print and cut out the screen time tokens

This 30 minute screen time activity token was used to ...	This 30 minute screen time activity token was used to ...
This 30 minute screen time activity token was used to ...	This 30 minute screen time activity token was used to ...
This 30 minute screen time activity token was used to ...	This 30 minute screen time activity token was used to ...
This 30 minute screen time activity token was used to ...	This 30 minute screen time activity token was used to ...

### 7. TIME ONLINE (CONTINUED)

#### SCREEN TIME LOG BOOK

Print or recreate the screen time log book.

SCREEN TIME LOG BOOK			
<i>For the next week log each day how you have spent each of your 30 minute screen time tokens, by gluing them to the respective squares.</i>			
Day	Token 1	Token 2	Token 3
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

#### TIP!

Use an alarm when playing video games or using screens to remind you to take a break!

