Category: Well-being  
Level: K-12  
Area of Focus: Monitor Your Screen Time  
Materials Needed: Lesson

**Big Idea** (What should students remember after the lesson?):  
Monitoring screen time will help the student make good choices and be aware of the types of apps they are using and for how long.

**Mini-Lesson/Content:**  
Start with a short discussion on the positives and negatives of time spent on the Internet or apps. Sometimes we spend too much time aimlessly scrolling and surfing.

Take a look at the settings and options available on this article: [iOS Screen Time and Android Digital Wellbeing](http://www.iOSScreenTimeAndAndroidDigitalWellbeing.com).

Once the monitoring tool is set up, let it run for a few days and return to the discussion to find out what each user found regarding their time spent on apps and the Internet. Set goals based on that discussion.