



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

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](#).

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.