



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: K-12

Area of Focus: Reducing Eye Strain

Materials Needed: Links below

Big Idea and The Why (What should students remember after the lesson?):

Changing and using a variety of strategies and settings on a device will reduce eye strain.

Mini-Lesson/Content:

Here are strategies to reduce eye strain.

- [Posture and vision breaks](#)

Here are several ways to setup a device to reduce eye strain.

iPad and iPhone

- [7 Ways to reduce eye strain on iPads and iPhones](#)

Android and Chromebook-

- [Night Light](#)
- [Dark Mode](#)
- [Screen Magnification](#)