

# For Kids, How Much Screen Time is Too Much?

This video from NPR discusses the best ways to have quality 'screen time' with children.



Video Link: [https://youtu.be/wtbdqlds\\_3c](https://youtu.be/wtbdqlds_3c)

## “ WARM UP ”

1. Tell your partner some (at least five) things that are different in your life from 5 years ago.

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## “ WATCH AND LISTEN ”

1. How many families were surveyed?
2. What should you use your device as a tool for?
3. What should you send to Grandma?
4. If you use your phone too much what are some negative effects?
5. What are some tips for reducing phone use?
6. What should you talk to for kids about?

# “ VOCABULARY ”

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1. They did a \_\_\_\_\_ of the property.
2. A telephone is a type of communication \_\_\_\_\_ .
3. You should call in an \_\_\_\_\_ to help you with your computers.
4. I'm sorry that I'm not able to \_\_\_\_\_ this year.
5. The plans for the new app needed new computer \_\_\_\_\_ .
6. He may be very old but he still has all his \_\_\_\_\_ powers.
7. They were disappointed at the \_\_\_\_\_ of the trial.
8. The chef has \_\_\_\_\_ three new dishes.
9. The child \_\_\_\_\_ the dog carefully.

# “ DISCUSSION ”

1. How much time do you spend on your screens?
2. If you use screens too much, what could you do if your didn't spend time looking at screens all the time?
3. How do you use your screen for creativity, discovery and connection?
4. How 'connected' is your grandmother or grandfather? Mother or father?
5. Do you ever have any trouble sleeping?
6. What is your favorite social acuity? How do you like to spend time with friends and family?