

## Screen Time & Study Balance Guide

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### Achieve a Healthy Balance!

*Tips to manage digital learning and leisure time effectively!*


#### 1. Create a Daily Schedule

- Set clear study and screen time limits.
- Use a planner to balance learning, play, and rest.
- Include breaks between screen time activities.

 **Example:** Study for 30 minutes, take a 5-minute break, then continue.

#### 2. Prioritize Schoolwork & Learning

- Complete school tasks before leisure screen time.
- Use educational apps and tools to make study time engaging.
- Set goals for assignments and reward progress.

 **Example:** Finish homework first, then enjoy 30 minutes of screen time.

#### 3. Limit Recreational Screen Time

- Set a daily limit for video games and entertainment.

- Encourage outdoor activities and creative play.
- Use parental controls to set healthy screen boundaries.

👉 **Tip:** Replace excessive screen time with hobbies like reading, drawing, or playing outside.

#### 4. Encourage Screen-Free Family Time

- Plan family activities that don't involve screens.
- Set screen-free zones (e.g., no screens at the dinner table).
- Have daily check-ins to discuss school and daily highlights.

👉 **Idea:** Try a family board game night or a walk together after dinner.

#### 5. Ensure Proper Rest & Eye Care

- Avoid screens at least **one hour before bedtime**.
- Follow the **20-20-20 rule**: Every 20 minutes, look 20 feet away for 20 seconds.
- Maintain good posture while using devices.

👉 **Tip:** Use blue light filters on screens to reduce eye strain.

🎉 **A balanced screen and study routine helps improve focus, learning, and well-being!**

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