



What is gained
and lost when
communicating
through
screens?

Take it further:

THINK

What curiosity questions can you ask?

e.g. How often do you use a screen in your daily life? What do screens help you to do? How do you communicate through screens? What do you miss about communicating when you are only using a screen?

FEEL

How might different people feel about this?

e.g. Do you feel any different when you spend time with someone in real life versus on a screen? How does it feel to have to communicate only with a screen with some people? How does body language help you to communicate? Why is human touch important in our lives?

CONNECT

What links can you start to make?

e.g. What are we able to do now in the world since started communication with screens that we couldn't do before? What have we stopped doing now that we have screen communication?



Activity ideas:

1. Whilst we're all at home during this state of 'hibernation' many of us are spending a lot more time using screens than we would normally.
Take a piece of paper and make a list with three columns:
Activities on a screen | Positives of screen-time | Negatives of screen-time
Now write down all of the different activities in your daily life that happen via a screen. For example lessons at school. In the second column write down some of the positives of going to school through a screen and in the third column write some of the negatives. Talk together about what is lost or gained in each activity.
2. How much time do you think you spend watching TV, playing video games, and using a computer, tablet, or smartphone each day? For the next 2 weeks, why not record your screen habits by keeping an eye on screen time. Use the attached worksheet to help you. Maybe each of your family members can also keep an eye on their screen time:
[My Screen Time Challenge](#)

After you have recorded for the first week, decide what you would like your challenge limit to be (e.g. 2 hours per day maximum) and try and help each other to cut down on screen time. Use your jar of activities to help.
3. Make a list of at least 10 screen-free activities that you like to do, or would like to try whilst learning at home (e.g. baking a cake, drawing a picture, reading a book). Now on a large piece of paper draw (or find a picture) of each of those activities. Cut each of these pictures up and put them in a jar. For the next few weeks, after each dose of screen-time activity, pick out one of your pictures from the jar and enjoy some screen-free time to help keep the balance

**USE THE [THINKER'S GUIDE](#) TO HELP YOU*

What other activities could you do?

