BE INTERNET STRONG

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Balancing Online and Offline Fun

Purpose: Identify fun activities that do and don't require screens or devices.

Jot down and be ready to share at least three things in each column you like to do online (watching videos, playing games, communicating with friends) versus offline (fun activities that don't involve screens or devices). How many things can you list?

ONLINE	OFFLINE

More to Explore:

What's one thing someone shared in their offline column that you'd like to do too?

What have you done or seen someone else do that helps them take breaks from screens and devices?

What are some things you can do to make it easier to take a break from screens and devices?