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2 Read and listen to Tarek's blog post. Why does Tarek use the night mode?

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"A Day in My Digital Life"

Hi everyone! My name is Tarek, and I want to share my **digital** day with you.

I always start my morning by checking my phone. I usually have three or four messages from my school friends. Sometimes, my cousin from Alexandria sends me funny pictures.

At breakfast, I often use my **tablet** to **search** for news. My favorite app shows me interesting facts about animals and space. I never eat without looking at something on my **screen** – I know it's not a good habit!

At school, we sometimes use the **smartboard** in our science class. Our teacher shows us amazing videos about planets and animals. I love watching them! We also use computers in our computer class twice a week. I'm learning to type faster – I can type 25 words per minute now!

After school, I always do my homework first. I usually search for information on my **laptop** when I need help with my projects. My favorite **website** has lots of useful information for students.

In the evening, I sometimes play online games with my friends. We usually play for one hour, then we stop. My parents always remind me to take breaks from the screen.

Before bedtime, I often read **eBooks** on my tablet. I love adventure stories! But I always use the "**night mode**" so the screen doesn't hurt my eyes.

I think technology is amazing, but I'm learning to use it wisely. What about you? How do you use technology in your day?