

NAME: _____

Reading: Our Digital Well-Being

Nowadays, young children seem to be holding onto tech devices all the time, don't they? Today, technology is a source of education and entertainment. For examples, computers can be used to do research, take online quizzes, and improve language skills.



1. This paragraph tells us that tech devices are bad influence for young children.
True False
2. With technology, children can conduct research, _____ and enhance their language skills.

However, there are some disadvantages to using these devices constantly. There should be parental control concerning where, when and how long these gadgets are used. Having enough time to sleep and free-time activities are important for the well-being of children.

Select one word from the text that matches their meaning.

Meaning	Word
3. health	
4. without stopping	
5. bad influence	



Here is an useful tool to help us regain self-control on digital use. AppBlock is a mobile tracker manager that helps you block annoying apps and track your phone screen time. You can select how much time you would like to spend on certain apps and once the time is exceeded, the apps will be locked! The best thing is if you choose the strict mode, you can't even uninstall the app!



Choose no more than 5 words from the text

6. AppBlock can help you to block apps and _____.
7. The function of _____ is to stop the users from deleting the AppBlock itself.

