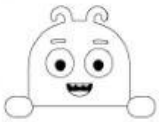
common sense education

GRADE 4: MY MEDIA BALANCE

My Media Choices Tracker

NAME

DATE



Directions

Use the chart below to track the media choices you make throughout a week. Can't remember? It's OK to guess!

What media did you use?	When, and what time of day?	How much?
Example: *I watched cat videos on YouTube.*	**Example:** *On Monday, before school*	**Example:** *20 minutes*

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LIVEWORKSHEETS

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What media did you use?	When, and what time of day?	How much?

MEDIA BALANCE & WELL-BEING

We find balance in our digital lives.

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LIVEWORKSHEETS