



Limit Screen Time, Live Real Life

1. Tick the correct option -

- a. Why is it important to reduce screen time?
- To play more online games
 - To avoid eye strain, headaches, and discomfort
 - To stay awake longer at night
 - To use more gadgets
- b. What can too much screen time lead to?
- Better sleep and posture
 - Faster reading and writing skills
 - Sedentary lifestyle, poor posture, and disturbed sleep
 - More outdoor play

2. Match the Halves – 20-20-20 Rule-

A (Start)

Take a 20-second break



Look at something 20 feet away



Following this rule improves



B (End)



to prevent digital eye strain



after every 20 minutes of screen time



your long-term eye health

3. Fill in the blanks-

- a. Use a _____ to limit daily screen time and stick to healthy routines.
- b. The _____ rule helps reduce eye strain.
- c. Avoid screens during _____ and before going to _____.
- d. Encourage fun activities like outdoor play, board games, or reading instead of using _____.