

6 TIME OFF SCREENS



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



B (End)

to prevent digital eye strain

Look at something 20 feet away

after every 20 minutes of screen time

Following this rule improves

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
_____.