



## What is screen time?



### Activity 1



Ahmed wants to know more about the impact of screen time. Help him to gather some data.

Work in teams and record the screen time of other students in the class.

Person	Average amount of screen time recorded
Student 1	
Student 2	
Student 3	

Which app used the most screen time?

How long did they use the app for?

Do you think this has any impact on the person / people?

Do you think it is a good idea to reduce screen time?