



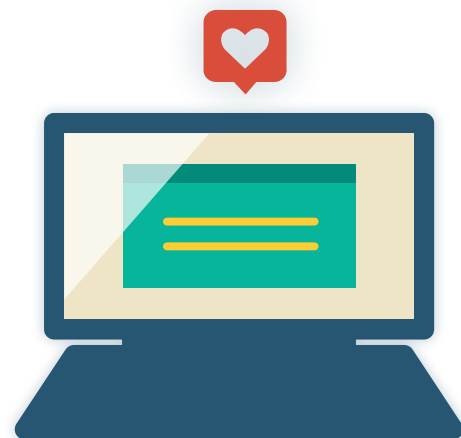
# Just Right

An Activity Book For Kids & Adults

Who  Tech!

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# Hey Grown-Ups!



The very best thing we can teach the kids we love is how to make wise, thoughtful choices for themselves. Helping them think through their choices teaches them skills they'll need most as adults. It also empowers them to take part in setting limits for themselves now.

But we get it —having a conversation about screen time limits can be a challenge.

That's why we've developed this activity book as a way to help you talk about setting healthy limits on screen time and tech use with your kids. It's filled with fun facts and activities you can do together and is designed to spark conversations – the most important part of teaching decision making.

Just like the generations before us who worried about how TV screen time would affect their kids, today's screen time challenges will be resolved by talking, teaching and modeling good behavior.

Here's to LOVING technology (and embracing balance)!



[TalkHeart2Heart.org](https://TalkHeart2Heart.org)



# We ♥ Technology!

Technology is a big part of our everyday lives, and without it, our days would look very different.



We wouldn't be able to turn on the lights in the morning.

There would be no cars, buses or airplanes to move us.

We'd have to cook everything with fire.

Our tablets, laptops and smart phones wouldn't exist!

*WHOA. No Internet? No texting?*

*No social media? No videos?*

*NO WAY!*

Yep, technology makes life easier, safer and more FUN.

What are some of the reasons you love technology?



## Top 3 Reasons I ♥ Tech

1

.....

2

.....

3

.....

In this book, you'll learn some new things about the kind of technology we all love to use – our tablets, laptops and phones!

# Find These Words

Related to Technology

Texting  
Videos  
Laptop  
Internet

Limits  
Computer  
Entertain  
Friends

Tablet  
Learning  
Screens  
Exploring

Social  
Time  
Phone  
~~Network~~



T	I	G	H	P	U	T	T	F	H	L	F	C	Z	N
G	S	N	B	I	P	S	B	T	A	I	E	O	I	S
A	L	U	T	F	D	P	T	O	T	J	N	M	U	A
L	M	Z	J	E	I	Q	M	I	M	Y	T	P	P	W
A	E	A	K	S	R	V	J	I	M	O	E	U	H	G
P	S	X	F	Z	C	N	L	T	C	E	R	T	O	M
T	O	A	P	R	L	R	E	Y	U	Q	T	E	N	M
O	C	F	U	L	I	T	E	T	H	X	A	R	E	T
P	I	T	R	N	O	F	E	E	V	F	I	P	G	A
R	A	T	U	I	G	R	L	X	N	I	N	D	M	B
C	L	F	O	Y	E	H	I	I	T	S	D	E	L	L
L	J	H	A	E	Q	N	B	N	M	I	N	E	C	E
N	E	T	W	O	R	K	D	O	G	I	N	H	O	T
G	B	U	H	H	O	T	G	S	J	Y	T	G	V	S
L	E	A	R	N	I	N	G	B	C	V	S	S	T	I

# How Much is TOO Much?



For cool cats like YOU, older kids, tweens and teens, experts recommend setting limits on tech time individually. There is no magic number that fits everyone.

To do that, kids and adults need to talk, set limits, try them out and adjust as you go. Then, you'll know you're doing tech JUST RIGHT!

## Food for Thought

TOO much of a good thing can ruin the fun. That's true for how much time we spend with our tech devices, just like it's true for other things you LOVE, like snacks and sweets.



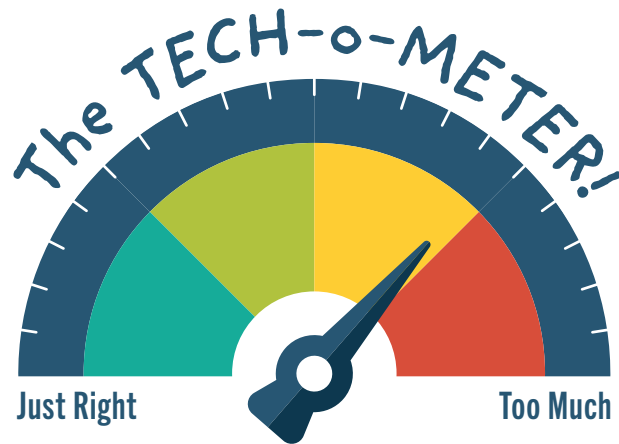
Whether we're making decisions about the food we eat or the amount of time we spend in front of a screen, we have to *understand our limits*. Then, something awesome doesn't turn into something harmful.

# Great Tech Habits

To master anything, you have to practice good habits. Here are a few that will help you as you master balancing tech time with the rest of your life.

## Great Habit #1: Pay Attention to Time

Introducing our super-duper, unbelievably amazing, ultra-high-tech device...the TECH-o-METER! *(Okay, not really. It's not high-tech and we didn't invent it.)*



When we're doing something fun, we can lose track of time. What feels like 20 minutes watching funny dog videos can easily be an hour!

That's why paying attention to how much time you're actually spending in front of screens is a good habit.

Most tech devices track how much time you've been using them. With an adult, check out the "TECH-o-METERS" on the devices you use. They can tell you a lot!

# Great Tech Habits



## Great Habit #2: Choose Quality

Not all time spent using tech or looking at a screen is the same. While it's important to have some time limits, it's also important to pay attention to what you're doing with the time.































## How Do I Feel After My Tech Time?

Some games, apps, videos or other media, especially those that involve violence, fighting or anger, can leave you feeling sad or in a bad mood. Choose positive, high-quality activities that leave you happy!

You only have so much time in the day. And life is filled with so many important things to spend your time on, like laughing with family, eating meals, getting physical activity and sleeping! (Unless you're a zombie, but we're pretty sure you're not.) **Make sure your screen time is a positive experience too.**

## ALL the Feels

The activities we choose can make us feel good or bad, energized or tired, happy or sad. Choose the face that best describes how you feel after these activities.

ACTIVITY	HAPPY	SCARED	TIED	EXCITED	BORED	SAD
Watching a scary video						
Eating your favorite fruit						
Running the 50-yard dash						
Learning something new online						
Hugging someone you love						



# How Can I Get It Just Right?

If there isn't a one-time-fits-all for older kids, tweens and teens, then how do you get it just right? There are TWO answers!

## Answer 1: Know the signs.

Too much tech time can bring out the not-so-great feelings and behaviors.

Read the signs below and if you (or your adults) see some of these, then it's time to cut back.

### Signs of Too Much Tech

Put a check next to the signs you've seen in yourself, or others have noticed.

CHECK

THE SIGNS

THE LOOK

☐

When I don't have my tablet, laptop or phone to use, I feel bored. Sometimes I even complain about being bored without my screens.

☐

I would rather have time to go online, watch videos, play video games, text friends or do other tech activities than spend face time with people.

☐

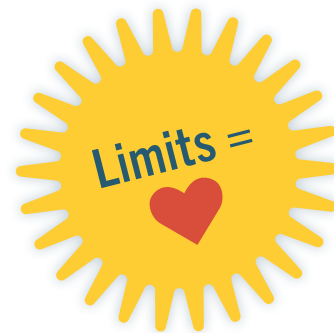
Sometimes I use my tablet, laptop or phone when I should be sleeping, and I feel tired the next day at school.

☐

When my adults set screen time limits or ask me to keep my devices outside my bedroom at night, I feel crabby or angry.



# How Can I Get It Just Right?



## Answer 2: Discuss and decide.

Determining how much screen time is just right is easier when you talk about it. The adults make the rules but sharing your thoughts and listening to theirs helps everyone.

## Would this conversation happen in your house?



Mom, I have an idea for dinner.



Sure, whatever sounds good!



Okay, I want four pizzas, extra pepperoni. And then for dessert, I want a whole chocolate cake. And two big bags of gummy bears.



Great! I'll get that ready. Whatever you want, sweetie!



## Of course not!

Adults set limits to help kids avoid problems. If you ate those things for dinner, you'd feel pretty terrible. You'd also be harming your health!

## When it comes to tech time, LIMITS = ❤️

So, sit down with the adults in your house for some talk time.



First, share how you feel about limits.



Next, let them share. (Don't forget to listen!)

After a while, if you keep an open mind, you'll find the way to get tech time JUST RIGHT!



# Limits =

## Pledge

**I pledge to honor the limits on using tech discussed with my family.**

My daily time goal:

HOURS

MINUTES

**Devices I can use:**

---

---

**Devices or activities that require adult permission:**

---

---

**Signed this day:**

MONTH

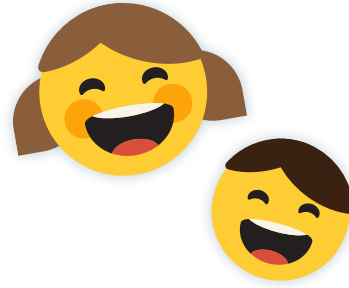
DATE

YEAR

CHILD NAME

PARENT NAME

# Screen Time VS Face Time



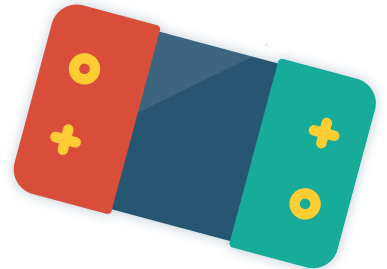
When we wake up in the morning, we have exactly 24 hours, or 1,440 minutes, to divide up for the day. There are things you have to do, which come first.

- ☐ TAKE A BATH
- ☐ GET DRESSED
- ☐ EAT BREAKFAST
- ☐ BRUSH MY TEETH
- ☐ MAKE MY BED
- ☐ START SCHOOL
- ☐ EAT LUNCH (and now it's already afternoon!)

Then there are the things we want to do! We have to make choices how to spend that time, and face-to-face time with people we love is one of the most important. Tech is awesome, but gaming consoles and laptops don't make cookies or give hugs!

## How Do YOU Spend Your Time?

How much screen-free time do you spend with your family each day? How much time do you spend using devices by yourself?



## My Four Face-to-Face Faves

These are four of the people I love to spend time with, and what we like to do.

PERSON 1 _____	WHAT WE DO _____
PERSON 2 _____	WHAT WE DO _____
PERSON 3 _____	WHAT WE DO _____
PERSON 4 _____	WHAT WE DO _____



# No-Tech Zone

## Pledge

I pledge to put away all tech devices during these times:



When I am in the car on the way to or from school.

Instead, I can \_\_\_\_\_



When it's time for a meal or snack, at home or away.

Instead, I can \_\_\_\_\_



When it's time to spend time with family or guests.

This way, I can enjoy \_\_\_\_\_

Signed this day: \_\_\_\_\_  
MONTH DATE YEAR

CHILD NAME

PARENT NAME

# Get Movin'

Growing kids, tweens and teens need at least 60 minutes of physical activity every day. Physical activity helps kids to grow strong bones, healthy muscles and even improve their concentration!

For many kids, more screen time gets in the way of being healthy and active. Be sure to balance your favorite tech activities with some fun moving and grooving!



**Warning: Fun Ahead!** Which fun physical activities do you like? Circle your favorites.

WALKING THE DOG

BIKE RIDING WITH FRIENDS

PLAYING CATCH WITH AN ADULT

GOING FOR A RUN

SWIMMING

SHOOTING HOOPS

JUMPING ON A TRAMPOLINE

DANCING TO COOL MUSIC

PLAYING AT THE PARK



## Happy, Healthy, Strong

Too much tech time can cause some problems for your body.

Use these tips to stay happy and healthy!



### Watch that posture.

Sit up straight and keep screens at least 18 inches away. Don't lean in or squint!

Poor posture can cause headaches and eyestrain.

### Follow the 20-20-20 rule.

Move away from the screen every 20 minutes. Then look at something 20 feet away for 20 seconds. This will give your eyes a break and help your brain focus.

### Respect the ZZZZZs.

Tech devices and TV screens stimulate your brain with unique light and staying up too late using your devices after lights-out also disturbs your sleep. Go screen-free for one hour before bedtime and keep your devices OUT of your room to avoid temptation!



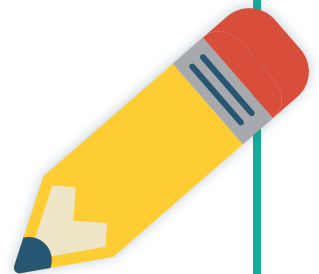
# There's SO Much FUN to Have!

Are you an artist-in-training? Do you love the feeling of hugging that football as you score a touchdown? Or maybe cooking, canoeing or caring for cats is your thing?

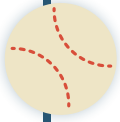
Tech time is fun, too! Do you like to watch videos or play video games? What's your favorite app or website?

Below, draw your favorite activities. And remember, when we balance our tech time with our other interests, we enjoy ALL of them more.

My Favorite Tech Activities



My Favorite Non-Tech Activities



# Be Strong, Be Healthy

## Pledge

I pledge to love and protect my body and my health by being active!

My daily activity goal is:

MINUTES

Here are some of the activities I enjoy that will help me stay strong and healthy:

1

2

3

4

5

Signed this day:

MONTH

DATE

YEAR

CHILD NAME

PARENT NAME



# How to Manage Your Adults



We have a secret to share: most adults need your help to limit screen time, too!

Yes! It's TRUE! Now that we've spilled the tech beans, we'll let you in on WHY adults have trouble limiting their tech use sometimes, and how YOU can help. Kid Power!

## Why Is My Adult ALWAYS on a Device?

There are two main reasons that adults spend too much time on tech. Lucky for them, YOU can come to the rescue and help! (But remember, they're still adults, so make sure you're respectful and caring when you talk about it with them.)

### 1 Work

Yep, sometimes adults have “homework.” Even though they work hard during the day, sometimes they keep working at night! They check emails and all sorts of other work-y tasks. YOU can help by reminding them that family time is just as important!

### 2 Stress

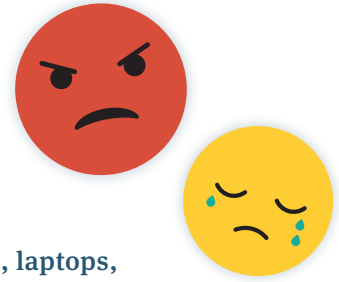
Stress is a big problem for a lot of adults. When they worry about too many things, their brains can go on overload. Some use tech time to “turn off” their worried brains. YOU can help by suggesting something else, like taking a walk with you, playing a game or sharing a healthy snack together.



“Did anyone ever tell you what an **AWESOME** kid you are?”

– Your adult after playing a fun card game with you

# Sometimes, I feel...



When adults are spending a lot of time staring at screens – phones, laptops, tablets, TVs – it can make kids feel all sorts of things! Below are some emotion words that might describe how YOU feel when that happens. There's also a space for you to think of your own. Circle the ones that are true for you.

*Helpful Hint: Your adults might feel the same way when you have too much tech time, or you don't respect the limits they put in place. Ask them!*

SAD

ANNOYED

FRUSTRATED

IGNORED

LONELY

ANGRY

BORED

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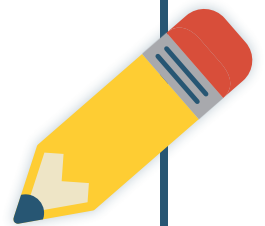
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## Uh-oh. They Overdid It.

Adults, just like kids, can get tired or cranky when they have too much tech time. Does this happen to your adults? Draw a picture.

My Adult with TOO Much Tech Time



# Tech Time Challenge

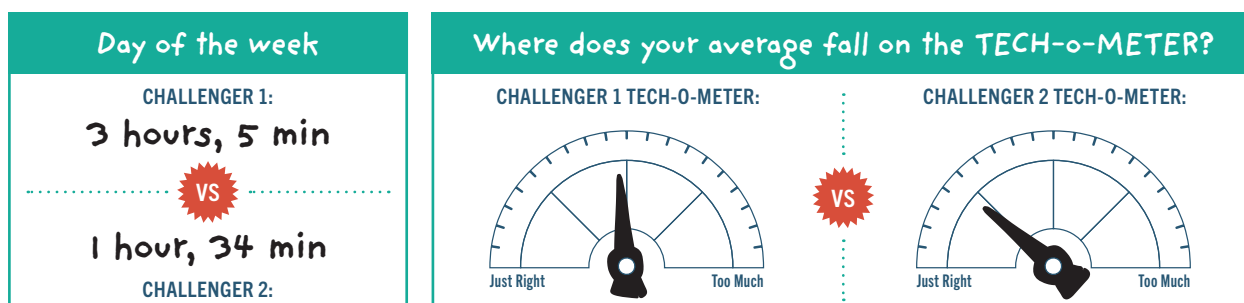
Welcome to the Tech Time Challenge! Let's find out WHO can stay under the tech time limit. This requires focus, determination and self-control. May the most tech-tastic competitor WIN!

## Directions

TOO much of a good thing can ruin the fun. That's true for how much time we spend with our tech devices, just like it's true for other things you LOVE, like snacks and sweets.

- 1 Choose the competitors.**  
Pick two people to square off! Will it be adult vs. kid or sibling vs. sibling?
- 2 Print out the Daily Tracker sheets.**  
Each sheet has space to track daily tech times, and the challenge goes for one week.
- 3 Complete the Daily Total box each day.**  
You can check the TECH-o-METER on the device you use or keep track by watching the clock.
- 4 Add up the Daily Totals for the week.**  
The challenger with the LOWEST tech time total for the week is the WINNER!

## Example:



# Tech Time Challenge

## Daily Tracker

CHALLENGER 1:

VS

CHALLENGER 2:

FOR THE WEEK OF:

EACH COMPETITOR FILLS IN THEIR TECH TIME EVERY DAY. DECIDE BELOW WHAT THIS TRACKED TIME WILL INCLUDE.

☐ ALL TECH TIME

☐ TECH TIME OUTSIDE SCHOOL OR WORK HOURS

☐ PHONE

☐ COMPUTER/LAPTOP/TABLET

☐ VIDEO GAMES

☐ TV

Monday

CHALLENGER 1:

VS

CHALLENGER 2:

Tuesday

CHALLENGER 1:

VS

CHALLENGER 2:

Wednesday

CHALLENGER 1:

VS

CHALLENGER 2:

Thursday

CHALLENGER 1:

VS

CHALLENGER 2:

Friday

CHALLENGER 1:

VS

CHALLENGER 2:

Saturday

CHALLENGER 1:

VS

CHALLENGER 2:

Sunday

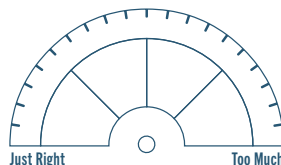
CHALLENGER 1:

VS

CHALLENGER 2:

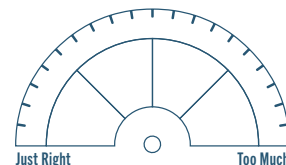
Where does your average fall on the TECH-o-METER?

CHALLENGER 1 TECH-O-METER:



VS

CHALLENGER 2 TECH-O-METER:



Weekly Challenge Winner: \_\_\_\_\_

# Tech Time Challenge

## Daily Tracker

CHALLENGER 1:

VS

CHALLENGER 2:

FOR THE WEEK OF:

EACH COMPETITOR FILLS IN THEIR TECH TIME EVERY DAY. DECIDE BELOW WHAT THIS TRACKED TIME WILL INCLUDE.

☐ ALL TECH TIME

☐ TECH TIME OUTSIDE SCHOOL OR WORK HOURS

☐ PHONE

☐ COMPUTER/LAPTOP/TABLET

☐ VIDEO GAMES

☐ TV

Monday

CHALLENGER 1:

VS

CHALLENGER 2:

Tuesday

CHALLENGER 1:

VS

CHALLENGER 2:

Wednesday

CHALLENGER 1:

VS

CHALLENGER 2:

Thursday

CHALLENGER 1:

VS

CHALLENGER 2:

Friday

CHALLENGER 1:

VS

CHALLENGER 2:

Saturday

CHALLENGER 1:

VS

CHALLENGER 2:

Sunday

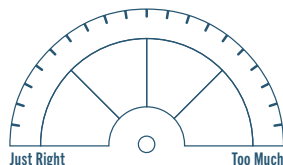
CHALLENGER 1:

VS

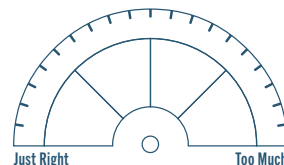
CHALLENGER 2:

Where does your average fall on the TECH-O-METER?

CHALLENGER 1 TECH-O-METER:



CHALLENGER 2 TECH-O-METER:



Weekly Challenge Winner: \_\_\_\_\_

# Tech Time Challenge

## Winner Certificate



THIS CERTIFICATE IS AWARDED TO:

FOR THE WEEK OF:

\_\_\_\_\_ is hereby declared the WINNER of the Tech Time Challenge!  
WINNER NAME

Congratulations on getting your tech time JUST RIGHT and being a great example for others. Keep up the good work and thanks for being tech-TASTIC!

Signed this day: \_\_\_\_\_  
MONTH DATE YEAR






\_\_\_\_\_  
PARENT NAME

# More Support from Talk Heart2Heart




All adults who play an important role in a child's life need information and support, especially when it comes to having those hard conversations with kids.

That's what Talk Heart2Heart is all about, parenting that focuses on open communication and helping kids develop good decision-making skills, to prevent addiction, risky behavior and suicide.

Our website and social media communities are full of great resources for adults in the areas of parenting, alcohol and drugs, mental health and other risky behaviors.

-  **Articles**
-  **Videos**
-  **Local Community Resources**
-  **Links to Other Online Resources**
-  **Worksheets, Guides and other Downloadable Material**

**Explore our resources and join in our communities!**

-  **TalkHeart2Heart.org**
-  **TalkHeart2Heart5**
-  **@Heart\_2\_Heart5**

**TALK**  
heart 2 heart