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Device Challenge

Activity Sheet



Screens are a big part of daily life. Video games and social media can be fun ways to connect, learn, and laugh. We can learn cool new things, discover hobbies, and share funny videos that make us laugh. But if the only way we're connecting with people is through screens, or if using them makes us feel worse instead of better, we might need more balance.

Reflecting on how and why we use them helps us understand our habits, stay balanced, and make thoughtful choices about using devices.

Instructions

1. Think back on your past few days and reflect on how you've used devices.
2. Use the device tracker to write or draw what you did, how long you spent, and how it made you feel.
3. Try the 3Ms (**Manageable, Meaningful, Mindful**), of balanced device use to consider things you can do to balance your device use.
4. If working with a partner, share your plan for balancing your device use. Check in with them about it after one week.

Device track & check

Think about your past seven days.

- What did you use?
- What did you do?
- How long did you spend on devices?
- Write it, draw it, or make a chart!
- At the end of the week, answer the check-in questions to reflect on your device use.

Check in with yourself

Think about your past seven days, ask yourself the following questions about each device:

1. Am I using it a lot?
2. Do I feel upset or stressed when I can't use it?
3. Is it causing problems with my sleep, school, or relationships?
4. Is it taking time away from other things I like to do?



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Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.



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Device	What I did	How long?	Check in with yourself			
			Am I using it a lot?	Do I feel upset or stressed when I can't use it?	Is it causing problems with my sleep, school, or relationships?	Is it taking time away from other things I like to do?
Phone			Y/N	Y/N	Y/N	Y/N
Tablet			Y/N	Y/N	Y/N	Y/N
Computer			Y/N	Y/N	Y/N	Y/N
Game Console			Y/N	Y/N	Y/N	Y/N
Other			Y/N	Y/N	Y/N	Y/N





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3Ms of balanced device use!

List, draw, or brainstorm things you can do to balance your device use. This includes strategies you can use to **manage** your device use, do things that are **meaningful** offline, and help you stay **mindful** about how you feel when you use devices. These are the 3Ms of balanced device use: manage, meaningful and mindful.

- **Manage:** How I plan to manage my device use (e.g., set limits, track my usage, or take short breaks).
- **Meaningful:** How I plan to do things that matter or make me feel good (e.g., do things that make me feel connected, creative, or proud).
- **Mindful:** How I plan to pay attention to how I feel while using devices (e.g., pay attention to how I feel while using devices and after).

Write or doodle one goal for each “M” you want to try this week:

Manage	<i>E.g., I'll stop using my tablet 30 minutes before bed.</i>
Meaningful	<i>E.g., I'll listen to music that makes me feel calm when I need a break.</i>
Mindful	<i>E.g., I'll check in with myself after gaming and ask myself if I feel good or frustrated.</i>



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