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# ScreenTime Bingo

Activity Sheet



Screens are part of everyday life. We use them for school, fun, connection, and creativity. This activity helps you notice your screen habits and try new ways to balance them.

You'll play a game of bingo to explore small actions that can help you manage your screen time, use devices for meaningful things, and stay mindful of how it makes you feel.

## Instructions

1. Grab your bingo card.
2. Choose one square at a time and try the activity during your week.
3. When you complete a square, mark it off your card. You can aim for a line (row, column, or diagonal) to get BINGO or challenge yourself to fill the whole card.
4. Reflect on your experience.
  - Which activities made you feel good?
  - Which ones were harder?
  - How did your screen time feel different this week?
  - What might you keep doing regularly?
5. Share your wins!  
Talk to someone about a change you noticed or something new you learned about your habits.



School  
Mental Health  
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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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<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Set a timer to limit screen time	Take a 10-min. screen break and stretch	Post something positive on social media	Play a video game with a friend	Try a new hobby offline (drawing, music, or sport)
Make a list of your favorite non-screen activities	Notice how you feel after using your device	Swap 30 mins. of screen time for outdoor time	Help a family member with a task instead of scrolling	Doodle or journal while thinking about your day
Track your device use for one day	Practice mindful scrolling- ask "Does this activity make me feel good?"		Plan your screen time for the next day	Call or video chat a friend instead of texting
Take a photo of something that makes you happy (not on social media)	Read a book or graphic novel for fun	Unplug for one meal	Set up your study or play area for focus	Teach someone a skill you learned offline
Reflect on your week: What screen activity was meaningful?	Listen to music or a podcast	Walk or bike outside	Help a friend or sibling with homework	Try breathing or relaxation exercises before bed



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