



connectquest.ca

# What's Your Take?

## Activity Sheet



We all have different opinions. That's what makes conversations interesting. Our experiences, families, and cultures shape how we see the world. When we share our ideas and listen carefully to others, we can understand different views and build connections.

This isn't about winning or being 'right' or changing someone else's perspective. It's called dialogue – that's when we talk as equals, stay curious, and really listen to learn.

### Instructions

1. Read the instructions and choose the statements you want to use for the activity.
2. Find a good space inside or outside. Use masking tape, paper, chalk, or sticks to make a giant line on the ground with these labels. If you're working at a table, you can draw the line on a whiteboard or sheet of paper.

**Strongly agree | Agree | Not sure/neutral | Disagree | Strongly disagree**

3. Invite players to join a fun, respectful conversation about device use. Then, explain the activity.
4. Read out a statement about device use. Ask players to move to the spot that shows how much they agree or disagree with the statement.
5. Take turns sharing why you chose that spot. Listen respectfully to others.
6. After all the statements, have a short closing conversation. Share what you learned or found most interesting about what other people said.

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### Device use statements

- People are on their phones too much.
- There should be no limits to a person's screen time.
- Three hours a day should be the maximum amount of fun time for devices.
- It's hard to limit screen time.
- Too much screen time can be bad for your mental health.
- Talking to a chatbot is just as helpful as talking to a friend.
- Playing video games is a good way to socialize.
- Device use can harm the environment.
- People know when they are gaming too much and can easily stop.
- Your choice: \_\_\_\_\_

### Closing conversation questions

- What's one new thing you learned from someone else?
- Did you change your mind about anything?



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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.