

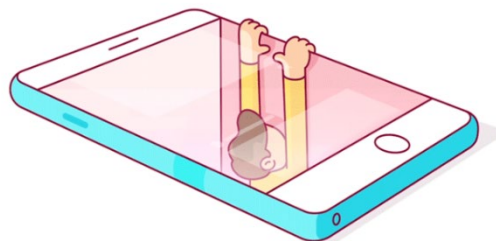
My Plan for Screen Time

Objective:

This assignment requires you to develop a plan for managing your screen time. You will learn to distinguish between using your electronic devices “productively” versus for “consumption.”

Skills You Will Need:

- Thinking: [Critical and Reflexive Thinking](#)
 - Demonstrate skills essential for safety, security and self-regulation in the digital world
- Personal and Social: [Self-Regulating and Well-Being](#)
 - Set goals and monitor progress
 - Regulate actions and reactions
 - Keep healthy and active while managing stress
- Communicating: [Presenting Information](#)
 - EduBlogs
 - Creating a new post
 - Inserting Media
 - Formatting a post



Step 1: How Much is Too Much

Before you can begin, you will need to finish the assignment in Teams titled “[Assignment #4 - How Much is Too Much?](#)” The final section of this assignment asks you to reflect on your use of technology and begin developing a plan.

Step 2: Create Your Plan

It’s time to finalize the plan you discussed with your parents! Your plan must include the following:

Health	<ul style="list-style-type: none"> • How many hours per week will you focus on your health? • Provide at least 2 examples of how you will take care of your health
Education	<ul style="list-style-type: none"> • How many hours per week will you focus on your education? • Provide at least 2 examples of how you will take care of your education
Social Bonds	<ul style="list-style-type: none"> • How many hours per week will you focus on your social bonds? • Provide at least 2 examples of how you will take care of your social bonds

Remember that there can be some overlap between these categories! For example, you can focus on your *education* and *social bonds* by studying with your friends!

STOPPING RULES	
School	<ul style="list-style-type: none"> • Provide at least 2 stopping rules you will use while at school to ensure you don’t overuse your electronic devices during class
Home	<ul style="list-style-type: none"> • Provide at least 2 stopping rules you will use while at home to ensure you don’t overuse your electronic devices at home

Examples: I will take out my earphones when class starts. I will turn OFF my computer at 9:00 pm.

Step 3: Submitting Your Assignment

Like with your previous assignments, you will hand this in through Teams and EduBlogs!

Post your plan on a new post through your EduBlogs and link that post into the Teams assignment. Here are the steps you need to follow:

1. Create a **new post** called "My Plan for Screen Time"
2. Put it in the "Grade 9" **category** of your blog
3. **Insert your plan** however you would like. You may type your plan directly on your blog, or attach a Word document, PowerPoint, video, etc. Remember to format your post nicely!
4. **Copy the URL** of your new post to the "My Work" Section of this Teams assignment

If you have forgotten how to do these steps, refer back to your "[Reflection 1](#)" instructions or watch [this video](#)!

You can find the marking rubric in Teams or on the Pinetree EduBlog Digital Learning page:

<http://mypinetree.sd43.bc.ca/digital-learning/>