

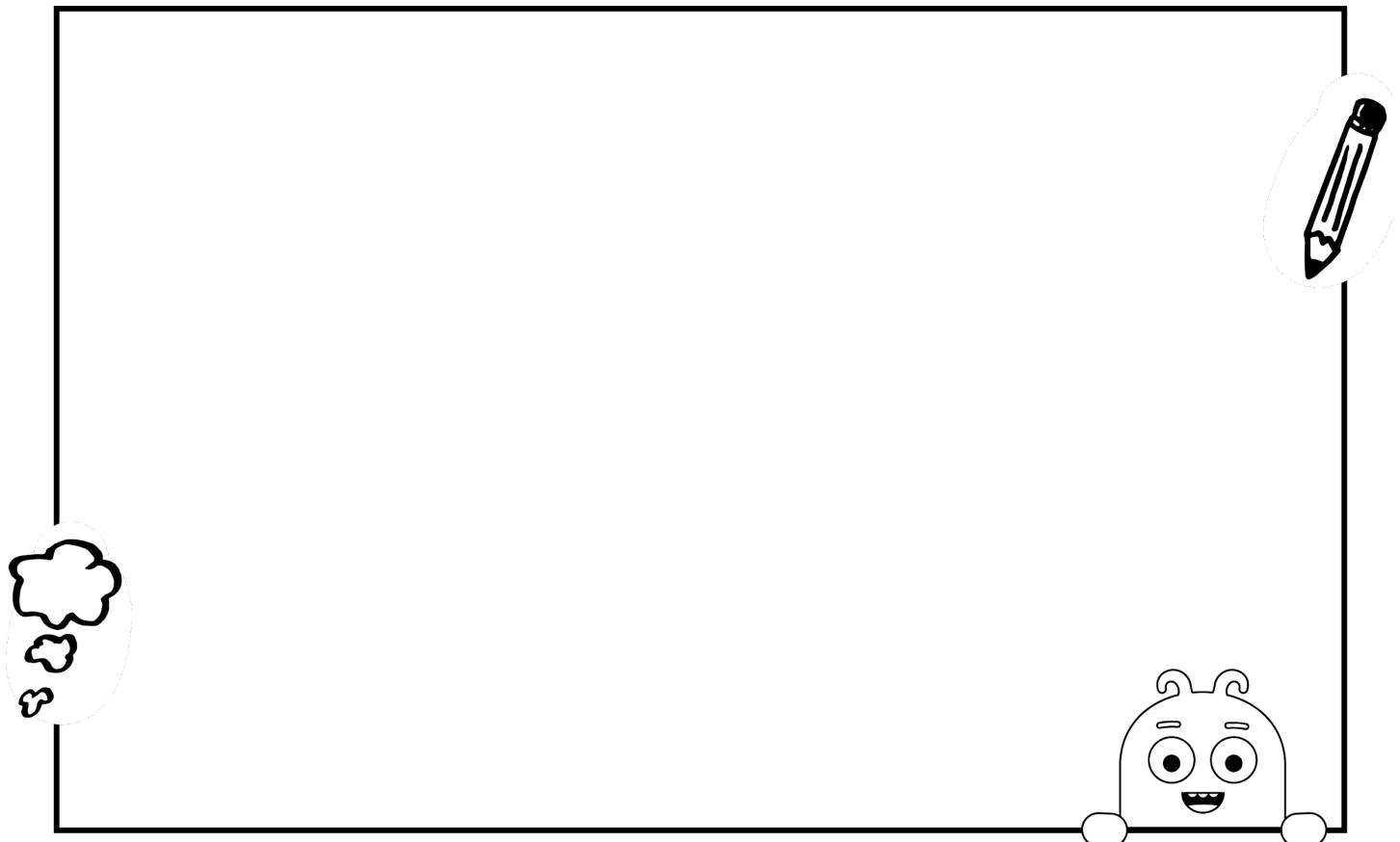
Pause & Think Moments

NAME _____

DATE _____

What advice would you give a grown-up to not be distracted by devices? Draw about it.

This advice is for _____



Explain the advice you would give and why.



MEDIA BALANCE & WELL-BEING
We find balance
in our digital lives.