

Name _____

Unlocking Potential: Why We Should Reduce Screen Time

Open-Ended Response Questions

1. Share a personal experience or story, if any, where reducing screen time positively impacted your life or the life of someone you know.
2. Reflect on how excessive screen time can affect relationships with friends and family. Why are real-life interactions considered more meaningful?
3. Discuss some strategies or activities that can help individuals reduce their screen time and find a healthier balance in their lives.
4. In your opinion, why do screens have the potential to be addictive, and what can people do to avoid excessive screen time?

