My plan for Screen Time!

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# My plan:

During my discussion with my parents, I have discussed the multiple activates I could do for my Health, Education, and social bonds, which many I currently do. However, the more time you spend on these 3 activities, the better. Therefore, me and my parents have decided to go walk around my neighborhood every day after dinner for at least 15 minutes to get fresh air and get some exercise. I live in a mountainous region, so it is not hard to get exercise as you usually walk uphill or downhill. In addition to this, I have a bike exercise machine in the basement, which I can use to get some more exercise and get moving. I can do this for another 20 minutes. This means that I will spend around 4 hours every week focusing on my health.

As for education, I actively do Duolingo and tutor every week after school. My tutor is once every week for an hour and a half, and I learn Korean and Math. In addition to this, I am instructed to do Duolingo to practice French 1 hour every day after school. Over a week, I spend 8 and a half hours every week, spending time on extra-curricular activities outside school.

Social bonds are something I usually put as something important in my life, as having people close to know and people you consider friends, is something that people should be grateful for, as friends can help you through hard times, work together, and support you. I often try and hang out with friends as much as possible, however due to covid restrictions and personal safety, this is starting to get limited. This does not mean I cannot hang out with friends. After discussing with my parents, we have decided that once every week, I will try and organize playing badminton at the local park near me with my friend group, as my friends enjoy playing badminton and so do I. We will play badminton for 2 hours and if we ever get bored, we can play at the playground close by. This means every week, I will spend 2 hours hanging out with my close friends and also being physically active and healthy by exercising instead of playing video games in my bedroom.

# *Stopping rules:*

 When I do get the time to use my devices, I will have specific rules in place to manage my screen time for productivity AND consuming content. At school, I will keep my phone in my bag CLOSED, OR put my phone in my locker to ensure that I do not get distracted. In addition to this, I will also disable vibrations and ringtone/notifications which will make sure I don’t get tempted to check my phone mid class.

 At home, I will continue to set a timer on my watch for 9:00PM every day to TURN OFF my computer, and I will also get my parents to remind me to get off my phone when I am not allowed to, just in case that happens. This way, I can effectively limit my time and make sure I don’t go on a binge for 5 hours and make sure I do not get any devices an hour before bed. I usually sleep at 10-10:30PM every night and as such, turning my device off around the 9PM mark makes more sense.