



**“I enjoy screen time, like watching videos, playing games, or using apps.”**



**“Screens can be fun, but I also need time for other activities.”**



**“Switching from screen time to something else is called a transition.”**



**“Transitions can feel easy, or they can feel a little tricky.”**



**“I might get a reminder when screen time is almost over.”**



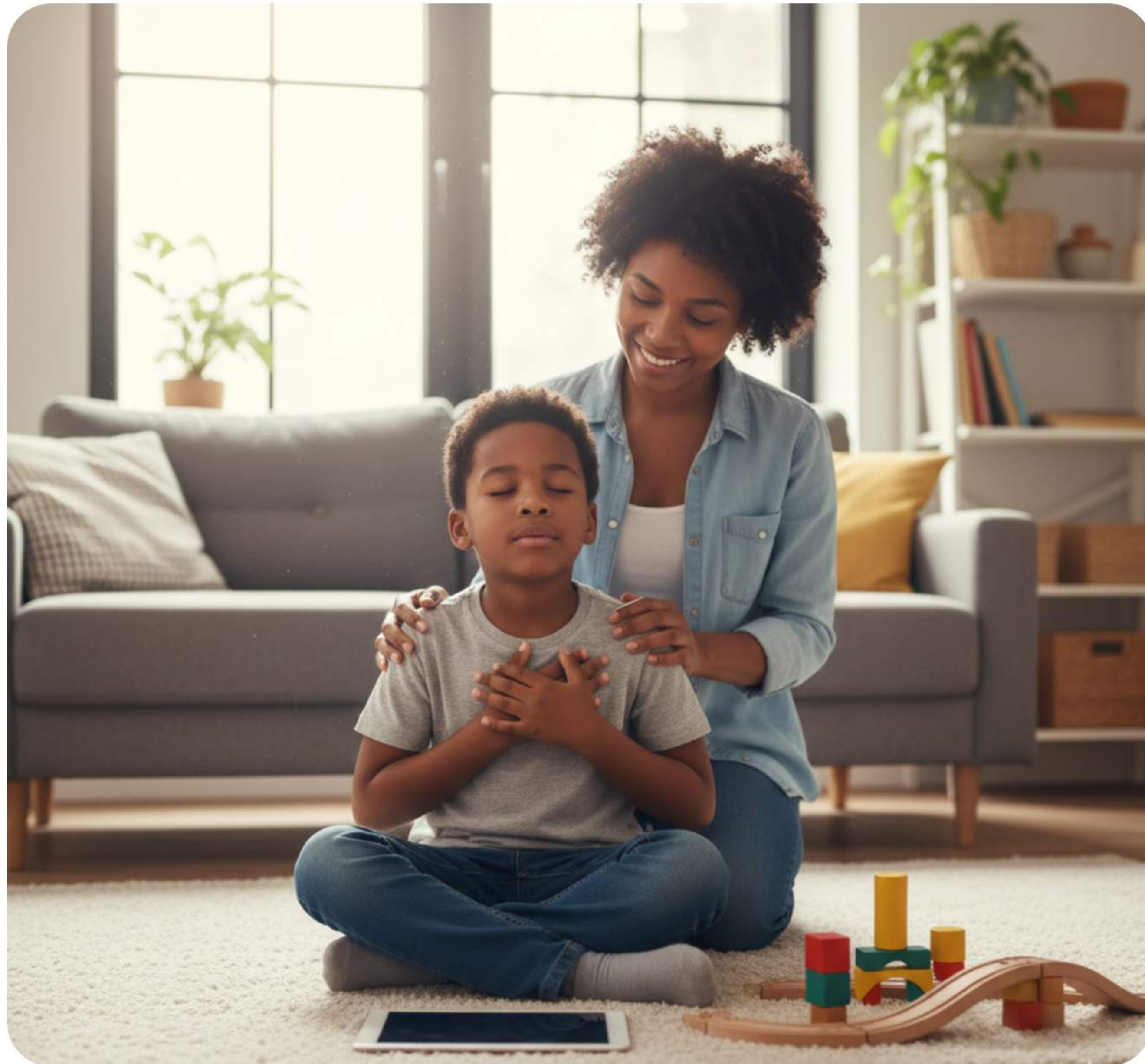
**“A reminder helps me get ready to stop what I’m watching or playing.”**



**“I can pause my screen, save my game, or end the video calmly.”**



**“Sometimes I feel disappointed when screen time ends.”**



**“It’s okay to feel that way. I can take a calm, deep breath.”**



**“I can tell myself, ‘Screens will be there later.’”**



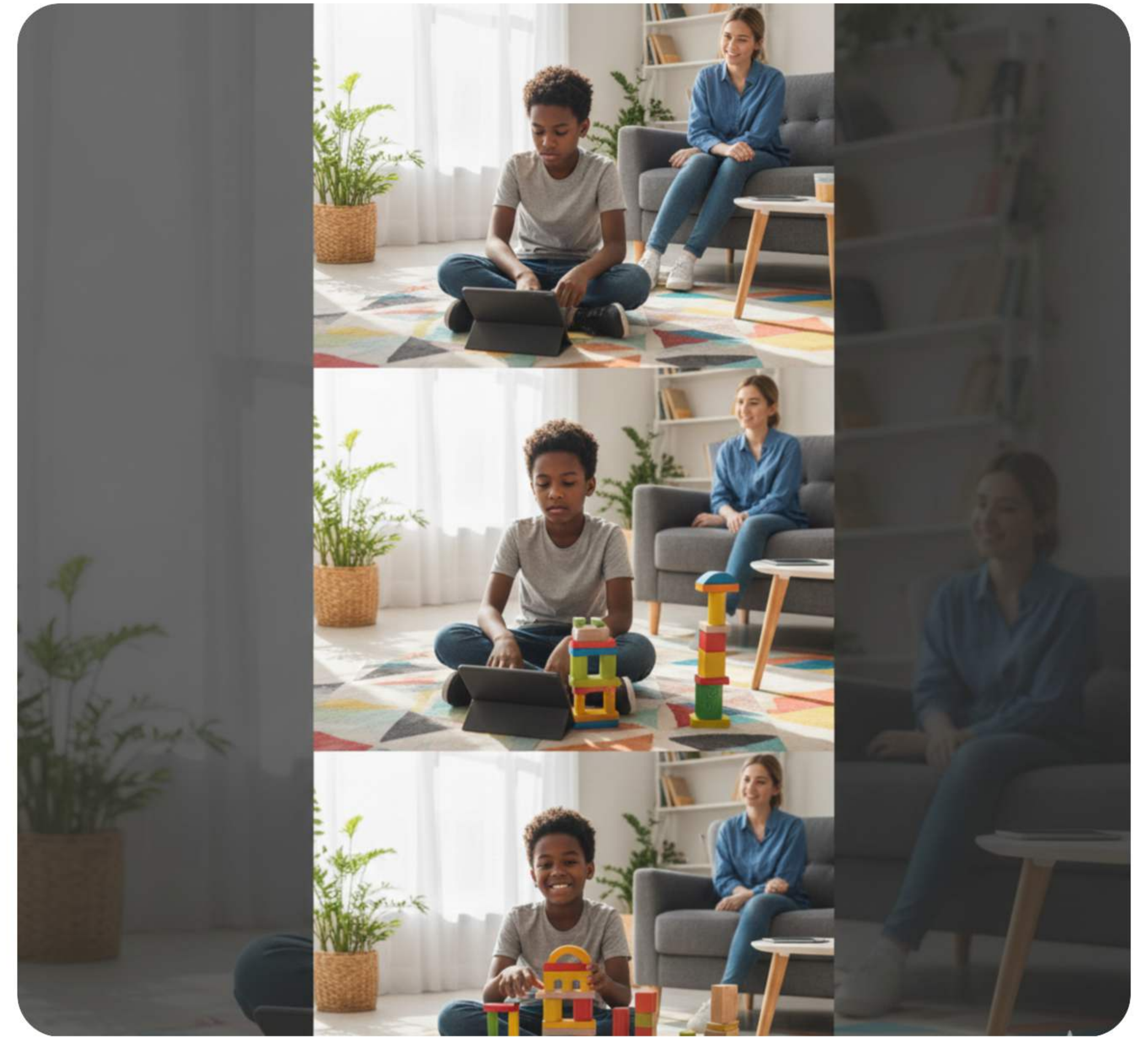
**“I can choose what to do next—like playing, reading, drawing, or going outside.”**



**“Trying something new helps my brain and body grow.”**



**“If I need help deciding, I can ask a parent or caregiver.”**



**“Each time I switch from screens calmly, it becomes easier.”**



**“My family feels proud when I transition smoothly.”**



**“I can switch from screen time to other activities with confidence and a calm mind.”**



# Vocabulary

- Screen Time

A: Time spent using a phone, tablet, TV, or computer.  
(Correct)

B: Time spent running outside only.

- Transition

A: Moving from one activity to another. (Correct)

B: Doing the same thing all day.

- Reminder

A: A cue that helps me get ready to stop screen time.  
(Correct)

B: A noise meant to distract me.

- Pause

A: To stop something for a short time. (Correct)

B: To delete everything I'm doing.

- Activity

A: Something I do, like reading, playing, or drawing. (Correct)

B: Something I only watch.



# Spellings

A: Skreen

B: Screen (Correct)

A: Play (Correct)

B: Plai

A: Reed

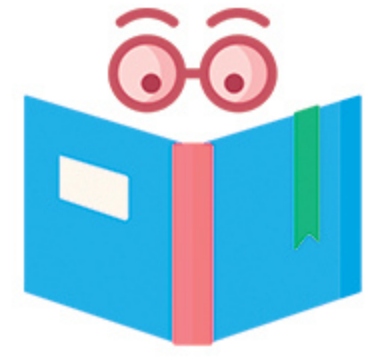
B: Read (Correct)

A: Game (Correct)

B: Gaem

A: Next (Correct)

B: Neext



# Comprehension

- Why do I need to switch from screen time sometimes?

A: To give my brain and body time for other activities.

(Correct)

B: To make screens stop working.

- What helps me get ready when screen time is ending?

A: A reminder, like a timer or a gentle cue. (Correct)

B: Ignoring everyone around me.

- What can I do if I feel disappointed about stopping screens?

A: Take a deep breath to stay calm. (Correct)

B: Get upset and refuse to move.

- What should I do before switching?

A: Pause or end my game or video. (Correct)

B: Drop the device suddenly.

- What can I do after screen time ends?

A: Choose another activity like playing, drawing, or going outside. (Correct)

B: Sit and wait doing nothing.



# Open-Ended Questions

- What screen activity is hardest for you to stop?

- How do you feel when someone reminds you screen time is ending?

- What helps you feel calm when you pause your game or video?

- What is your favorite non-screen activity?

# Role-Play Activity

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- **Scenario 1**

You hear, “Five more minutes of screen time.” → Practice finishing calmly and getting ready to pause.

- **Scenario 2**

Screen time ends and you feel disappointed. → Practice taking a deep breath and relaxing your body.

- **Scenario 3**

You need help choosing what to do next. → Practice asking, “What can I do now?”

- **Scenario 4**

You choose a non-screen activity. → Practice starting it with curiosity and a positive attitude.