

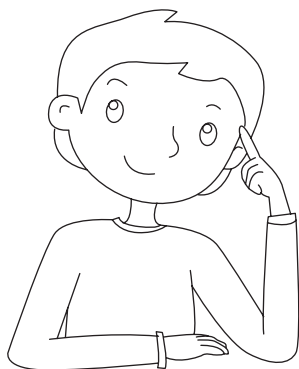
# Value Activity 7

1 Look and mark (✓) the devices that you use regularly.



2 Read the fact. Then complete the information about yourself.

The average 12-year-old spends at least six hours a day in front of a screen (TV, video game, computer, cell phone).



I think I spend...

\_\_\_\_\_ hours a day watching TV,  
 \_\_\_\_\_ hours a day playing video games,  
 \_\_\_\_\_ hours a day using the computer,  
 \_\_\_\_\_ hours a day using my cell phone.

The total number of hours per day that  
 I spend in front of a screen is \_\_\_\_\_!



3 Make a list of nonscreen activities.



Play a board game with friends