

MY WEEKLY SCREEN JOURNAL

Name: _____

Class: _____

Date: _____



Complete the table below by noting every time you spend on a screen this week outside of school. Be honest! The goal is to help you be more aware of your screen time: how much time you spend on a screen and how you use it. If you did not use a screen, simply write “no screen time”.

Parents: thank you for your cooperation! Please help your child take notice of their screen time and be honest in their response. The goal is to build their digital self awareness. And why not even complete the screen journal yourself to take notice of your own technology usage ? 😊

	SCREEN TIME 1			SCREEN TIME 2		
	What type of screen did I use?	For how long?	What did I do/ watch/ play?	What type of screen did I use?	For how long?	What did I do/ watch/ play?
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						