



Co-funded by the
Erasmus+ Programme
of the European Union

Health to meet you

2019-1-CZ01-KA229-061152

Health dimension: Screen use

Name of activity: Check your time

Description of the topic: Before starting this activity, the students should write down how much time they think they spend on their phones. To make students reflect on their screen usage – time, they are asked to use the Screen-Usage-App and keep a diary.

Initial assessment: The students use their phones ways more than they would expect.

Objectives of the activity: To reduce screen usage time.

Target group: students

Activity process structure, implementation: first estimate the time, then document scree-usage-time over two weeks. At last present the findings

Equipment, aids, tools: Cell phone, App: “Screen Time”, “My phone time” or “StayFree”

Expected results, assessment: Upon reflecting and keeping track of usage-time the students’ awareness should be raised and subsequently enable them to use their phones a little less.

References: „Screen Time“ by Simple App Ltd, “My phone time” by Smarter Time and “StayFree” by StayFree Apps