Does your class have too much screen-time?

**Brief:**
Concerns have been raised by a parent that the kids in your class spend too much time playing computer games, Ipads and also watching TV. Spending too much time in front of screens is bad for kids’ brain development because it doesn’t enable enough play time, thinking time and creativity.

Your job is to determine how much time on average kids in your class spend per week on TV, computer and electronic games, outside of school time. You then need to determine how much time is spent on each activity per day, and compare this to the recommendation of only one hour per day. Once you have determined how much time is spent, you need to come up with a list of fun activities that kids could do instead of screen time. You might like to survey kids for their favourite activities, develop this into a comprehensive list, and create some kind of product that you could give to kids in your class to remind them of fun things to do without screens.

**Key questions to think about:**
1. How will we gather information about how much time kids are spending on different screen-time categories? How will we make sure that kids are remembering the amount of time accurately? Is there a way that we can prompt them to think about different times/activities?
2. How will we collate the data that we gather for each student so that we can work with it sensibly?
3. How will we work out the average time spent per day on each activity?
4. How will we display the data?
5. How will we generate ideas for fun non-screen things to do?
6. What form should our recommendation for activities for kids take? How will we produce it so that it will be used?

**What you need to hand in:**
1. Original survey/data gathering tool, including any drafts for questions.
2. Your collated data for each type of screen activity.
3. Your working and calculations for the average amount of time spent on different screen activities per day.
4. A one to two page report to the parents association showing the data from your class with appropriate displays (graphs or tables).
5. Your recommendations for kids on things to do instead of screen-time, produced into a format that is usable (e.g. a bookmark, a laminated list for the fridge, a list that they can tick, stickers to add to a chart to fill up...).