


Name: _____

Date: _____

Screen Time REFLECTION

FEELINGS +
Emotions Check

How I feel about today:

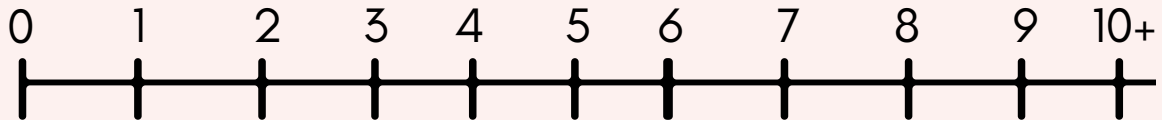


The form contains five circular smiley faces in a row. From left to right: a sad face (frowny mouth), a neutral face (straight line for a mouth), a slightly happy face (upward curve), a happy face (wide smile), and a very happy face (wide smile with closed eyes).

What is a hope/wish you have for today?

HOPES
& wishes!

Using the number line below, estimate and circle your hours of sleep last night.



Physical Health

Let's be intentional about aiming to embrace moving my body today, what fun activities am I incorporating into my schedule? How am I planning to sprinkle some healthy initiatives into my day?

Lifelong Learning

What purposeful activities or hobbies did I (or will I) engage in today to support my well-being and foster creativity and curiosity?

Communication

Which people am I intentionally looking to connect and communicate with today, and through which means (any form) will I use to reach out to them?

Name:	Communication Medium:
<hr/>	<hr/>
<hr/>	<hr/>

Name: _____ Date: _____

Screen Time REFLECTION

What specific goals, intentions, and purposes drive my utilization for screen time today? (Education, Entertainment, Communication, etc.)

What measures or reminders will I establish to uphold my commitment to intentional screen time today?

Context: Did I fulfill my daily humane responsibilities thus far today, contributing positively to oneself, family, school, and or other commitments? List below the goals, tasks, or targeted areas you may need to fulfill today before the use of recreational screen time?

Grow + Glow Moments

The "Grow and Glow" reflection practice involves evaluating both areas of personal growth and positive aspects in one's life, fostering a balanced perspective on development and well-being. It encourages acknowledging areas for improvement (grow) and recognizing and appreciating positive elements (glow) to promote self-awareness and continuous self-improvement.

Grow:



Glow:



BEFORE
Screen Time

How I feel about today:



How I feel about today:



AFTER

Screen Time

What today is most time well spent....?