

Quiz Time!



Screen Time Balance



Question 1:

Chip says that if you stare at a screen for too long without stopping, how might your brain feel?

- A) Super strong and fast.
- B) Fuzzy and tired.
- C) Hungry for acorns.



Correct Answer: B

Why? Chip explained that staring at screens for too long makes your eyes tired and your brain feel fuzzy. That's why you need a break!



Question 2:

Chip suggests having 'Tech-Free Times' to connect with family. When is a great time to turn the screens OFF?

- A) During dinner or before bed.
- B) While you are asleep.
- C) Only on your birthday.



Correct Answer: **A**

Why? Chip says meals and bedtime are perfect times to turn off devices so you can talk to your family and rest properly.



Question 3:

To stay balanced “like a squirrel on a branch,” what does Chip suggest you do instead of only looking at screens?

- A) Stare at the wall.
- B) Only play video games.
- C) Mix it up with fun things like drawing, reading, or playing outside.



Correct Answer:

Why? Screens are great tools,
but Chip wants you to have
adventures in the real world,
too!

CyberNut 