Question 1: Chip compares using screens for too long to running around outside. Which parts of your body get tired from too much screen time?

A) Your elbows and knees.
B) Your eyes and your brain.
C) Your ears and nose.

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Question 2:
Chip suggests having 'tech-free times' to help your brain calm down.
When is a great time to turn off your screens?

A) During meals or before going to bed.
B) While you are in the middle of a video call.
C) When you are bored on a rainy day.

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Correct Answer: A

Why? Chip says turning off screens during dinner or before sleep helps you rest and recharge better.

Question 3: If you start feeling cranky or your eyes feel tired, what does Chip suggest you do right away?

A) Turn the volume up louder.
B) Take a break: look away, stretch, or blink.
C) Keep playing until you win the level.

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Correct Answer: **B**

Why? Chip wants you to listen to your body. If you feel tired, looking away from the screen helps your eyes rest.

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