# Directions

**Part 1**:Think about the different activities you do online and on your devices: listening to music, playing games, looking up information, doing homework, talking with friends, etc. Write down as many as you can think of.

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| What activities do you do *online*? | When and for how long? |
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**Part 2:** Think about the different activities you do offline: with others or by yourself, for fun or other reasons. Write down as many as you can think of.

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| What activities do you do *offline*? | When and for how long? |
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