



KIDS

My Media Snapshot



Boston Children's
Digital Wellness Lab

NAME

DATE

HOW I USE MY DEVICES

What do I use my devices for most?

At home:

At school:

WHAT I ENJOY

What's something I genuinely value about being online? Why?

WHEN IT FEELS LIKE TOO MUCH

Is there anything about my own device use that bothers me or feels like too much?

OFFLINE LIFE

What's something I love doing, or wish I did more of, away from screens?

TOGETHER OFFLINE

What tech-free activities do I want to do more of with my family?

ONE SMALL CHANGE

What's one habit around my personal use of screens I'd like to be different?

WHAT I'D LIKE FROM MY FAMILY

One thing I'd like us to do differently around screens:

WHAT I'M WILLING TO TRY

One thing I'm willing to change or try this week: