**SELF-EVALUATION WORKSHEET**

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| **Thematic Field:** Practices **Title:** Screentime**Last edit:** 02/07/2018 |

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# Worksheet

Quiz about the screentime I spend at home or out of it. Mark with a  or 

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| 1. I sometimes play games or watch movies on my favourite screen along with my parents.
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| 1. I do not let my parents know which site or movies I'm watching.
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| 1. I use my favorite device only in my room.
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| 1. I use my favorite device in a home space where I can easily ask for help from an older one (siblings, parents) when I need to.
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| 1. I do not have specific days and hours when I can play games or watch movies on my favorite device.
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| 1. I can play games and watch movies for as long I want.
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| 1. I take care not to miss my walk, my play in the yard or the playground rather than continue playing a bit more with my favorite device.
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| 1. Many times, I choose to eat in front of my favorite device's screen.
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| 1. I have a contract with my parents with rules on the time and the way I use digital devices.
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| 1. When I watch a movie or play a game on my digital devices, I first look at the age for which it is addressed.
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| 1. In my room there is a TV and a PC.
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| 1. I program which movie I will watch on the TV and when I finish it I close it.
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| 1. Usually, when I eat, I watch a movie on my TV or laptop.
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| 1. I often play table games and make puzzles with my parents.
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| 1. I know that sedentary life is not good for my health.
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| 1. I like to eat my food watching TV or playing pc games
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