

SCREENS UNDER CONTROL

More sleep. More focus. More real life.



FREE RESOURCE FOR SCHOOLS AND FAMILIES

For Grades 4–5, teachers and parents • Curated by Soomoby Books

Let's talk about it as a family

Smartphones, tablets, video games, videos and social media can help us learn, create, play and stay in touch. The goal is not to remove all technology: it is to learn to use it on purpose.

When screens take up too much space

They can make it harder to:

- Sleep well.
- Focus and do homework.
- Play, move or take part in sports.
- Read, draw, create and enjoy hobbies.
- Talk and spend real time with other people.
- Handle boredom, anger, anxiety or sadness without immediately looking for a distraction.

No labels

This is not about being “weak” or “wrong.” Notifications, endless videos, games and content designed to capture attention can make it hard to stop.

A balanced day

Together with an adult, think about your day. Do screens leave enough room for these things?

- Sleep and rest.
- School and homework.
- Meals without rushing.
- Free play and movement.
- Reading, music, drawing or creative activities.
- Friends, family and conversations.
- Moments of boredom: new ideas can sometimes begin there.

One small start

There is no need for comparisons or judgment. Each family can begin with just one small habit to improve.

Five ways to feel better

1. Notice; don't guess	For one week, notice when you use a screen, why you use it and how you feel before and afterward.
2. Protect sleep	Choose an evening time when phones, tablets, TVs and game consoles are switched off and kept outside the bedroom.
3. Create screen-free moments	Meals, homework and important conversations can become moments of real presence again.
4. Replace, don't just remove	When screen time is reduced, fill that time with something enjoyable: a game, walk, sport, cooking, music, reading, a creative project or a chat.
5. Do it together	Rules work better when adults lead by example too. A family agreement is more helpful than a daily battle.

The 7-day challenge

Choose just one small habit to try for seven days.

- ☐ No devices during meals.
- ☐ Keep phones and tablets outside the bedroom before sleep.
- ☐ Turn notifications off during homework and conversations.
- ☐ Spend 30 minutes each day reading, playing, moving or creating.
- ☐ Take one moment each day to share how things went, with no devices in your hands.

At the end of the week

Answer together:

1. What was easy?

2. What was difficult?

3. What made us feel better?

4. Which habit do we want to keep?

A reminder

You do not have to be perfect. Small changes, repeated over time, can help the whole family.

For teachers and parents

Who it is for	Grades 4-5 primary school students, with their families.
Time needed	45-60 minutes in class, plus the 7-day family challenge.
Goal	To reflect on balance between digital life, sleep, focus, learning, movement and relationships.
How to use it	A guided conversation, choosing one small family habit, and an optional follow-up in class.

Key message

Technology is a tool. It should not become the automatic centre of every moment in the day. Children and adults can learn to use it more mindfully together.

If a family is experiencing serious distress, ongoing conflict, persistent sleep problems or major difficulty stopping screen use, it can help to speak with a trusted adult or a qualified professional.

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