

Name:

## What is Digital Health

Today's world is full of technology – computers, tablets, phones, and video games are part of our daily lives. These tools can help us learn, stay connected, and have fun, but spending too much time on screens can be unhealthy. Sitting too long while watching videos or playing games can cause eye strain, tiredness, and less physical activity. Too much screen time can also affect our sleep, especially if we use devices late at night.

Finding a balance between screen time and other activities is important for good health. It's helpful to take short breaks from screens every 30 to 60 minutes to stretch, walk, or rest your eyes. Spending time outdoors, reading a book, or playing with friends helps your mind and body relax in different ways.

Practicing digital health also means being smart and safe online. This includes using strong passwords, not sharing personal information, and being kind to others on the internet. Limiting screen time, choosing positive content, and spending time offline help us stay healthy, focused, and happy.



1-What does "digital health" mean?

---

---

2-Why can too much screen time be unhealthy?

---

---

3-What are some things you can do to balance your screen time?

---

---

4-How can using screens late at night affect your health?

---

---

5-What are two ways to stay safe online?

---

---

## What is Digital Health

### Fill in the Blanks:

Spending too much time on screens can cause \_\_\_\_\_ and \_\_\_\_\_.

It's good to take short breaks every \_\_\_\_\_ to \_\_\_\_\_ minutes.

Spending time \_\_\_\_\_ helps your body and mind relax.

Using strong \_\_\_\_\_ helps keep your accounts safe online.

Choosing \_\_\_\_\_ content online helps us stay happy and healthy.

### Multiple Choice Questions :

6-What is one problem caused by too much screen time?

- a) Eye strain and tiredness
- b) Better sleep
- c) Stronger eyesight
- d) More exercise

7-How often should you take breaks from screens?

- a) Every 10 minutes
- b) Every 30 to 60 minutes
- c) Only after school
- d) Once a day

8-What should you avoid doing to stay safe online?

- a) Using strong passwords
- b) Sharing personal information
- c) Being kind online
- d) Limiting screen time

9-What's a good way to relax without screens?

- a) Playing outside
- b) Watching videos all day
- c) Texting friends for hours
- d) Staying on the computer late at night

10-What happens if you use screens too late at night?

- a) You sleep better
- b) It can affect your sleep quality
- c) You become more active
- d) It makes you more focused

