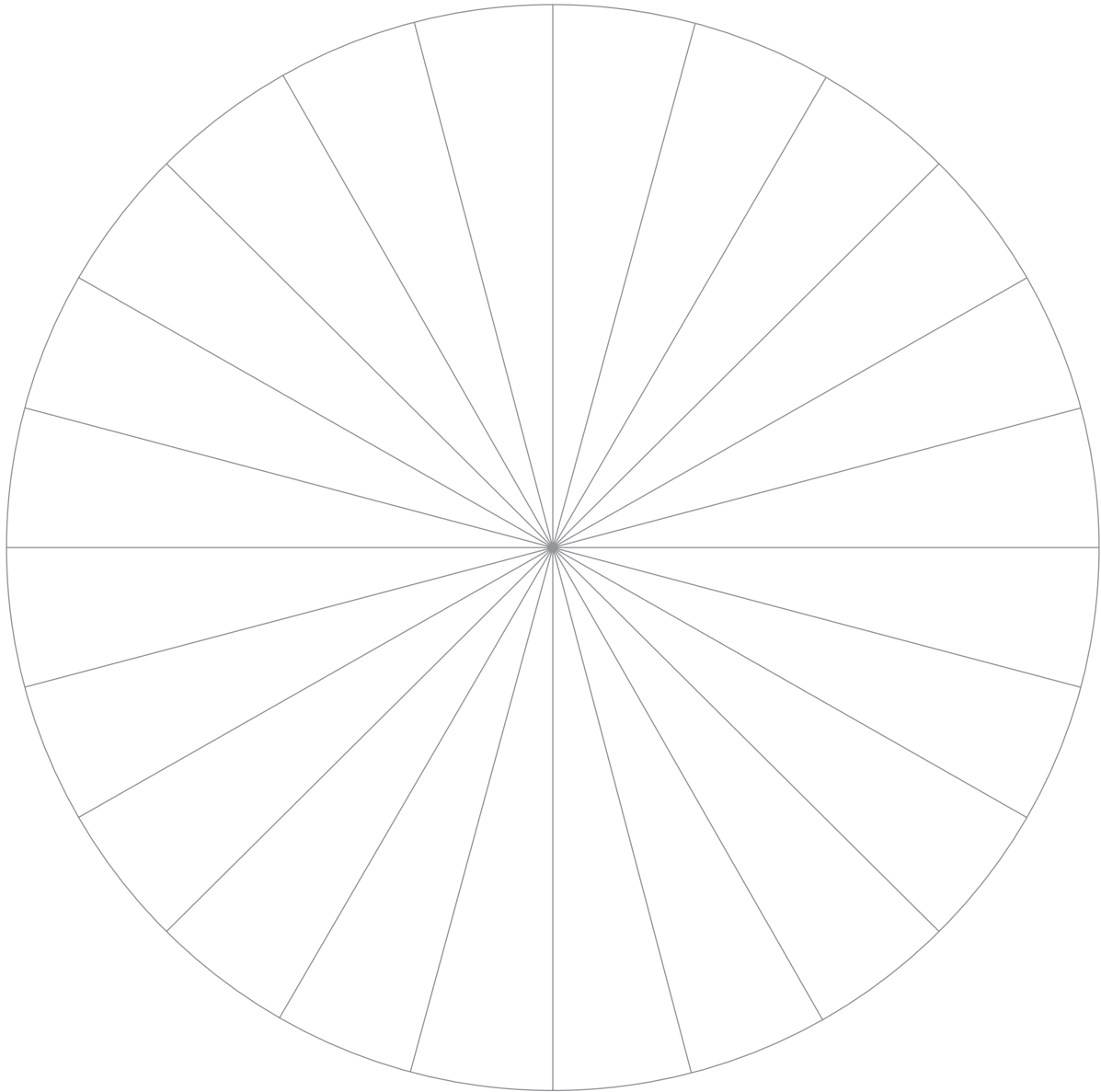


HOW DO YOU SPEND YOUR TIME?

The pie chart below is broken up into 24 segments and each segment represents one hour of your day. **Think about what a typical day looks like for you.** Colour in hours of the pie chart to represent how you spend your time each day.



THINGS TO THINK ABOUT

- Are you happy with how you spend your time?
- How much time do you spend on devices?
- Is there something you could change?
- What could be done to decrease your screen time?
- What mindfulness activities could you do?