SEL · PROBLEM SOLVING AND DECISIONS · GRADES 2–5

Screen Time, Green Time or Quiet Time?



Sort twelve activities into screen time, green time and quiet time, then plan a balanced Saturday with some of each.

Name: _____ **Date:** _____

A balanced day has some of each: **screen time** on a device, **green time** moving or playing outside, and **quiet time** to rest, read or make something.

Word bank

play a video game · ride a bike · read a book · watch a show · dig in the garden · draw a picture · video chat with Grandma · play tag · do a puzzle · use a tablet app · walk the dog · build with blocks

Write each one in the right box.

Screen time	Green time	Quiet time

A balanced plan for my Saturday: _____

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ANSWER KEY · PROBLEM SOLVING AND DECISIONS · GRADES 2–5

Answer Key: Screen Time, Green Time or Quiet Time?



Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.

A balanced day has some of each: **screen time** on a device, **green time** moving or playing outside, and **quiet time** to rest, read or make something.

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Write each one in the right box.

Screen time	Green time	Quiet time
play a video game	ride a bike	read a book
watch a show	dig in the garden	draw a picture
video chat with Grandma	play tag	do a puzzle
use a tablet app	walk the dog	build with blocks

A balanced plan for my Saturday: _____

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