Tips to Manage Screen Time

Education Week asked teachers and remote-learning experts for advice on ways to balance on-screen and off-screen time for students.

1. **Remember that not all screen time is equal**

Quality, not just quantity, matters. Engagement matters, too: Experts urge teachers to choose lively games or discussions rather than lecture, for instance.

2. **Don't let tech blind you**
Educators find themselves surrounded by teachers trying new technologies, and think they should, too, but they forget all the things they know that don't have to do with the new technology.

3. **Think learning goal first, format second**

What is the experience you want to provide? The screen is only one option.

4. **Choice boards can play a new role**

These grid-shaped sets of instructional activities have been around a long time; some know them as learning menus. They can help generate offline instructional ideas.

5. **Carve out non-screen time, even during live sessions**

Some teachers divide online classes into chunks, with time to introduce a new topic, time away from the screen to work on it, and then a regroup for questions and reflections at the end.

6. **Remember the old-fashioned stuff**

Asking kids to use pencils or pens with notebooks, work with manipulatives, or read books or articles on paper can give them a break from their screens.

7. **Consider listening**
Audiobooks, podcasts, and recorded read-alouds can be valuable tools for breaking up students' pixel-gazing time.

8. **Don't forget the power of handwriting**

During lectures and videos, students can keep handwritten notebooks throughout the year, rather than taking notes in a Word document.

9. **Harness the power of hands-on learning**

Learning fractions by cooking a recipe or exploring nature and writing about it can get children off their computer screens while they master academic standards.

Image: SDI Productions/E+/Getty

SOURCE: Education Week reporting