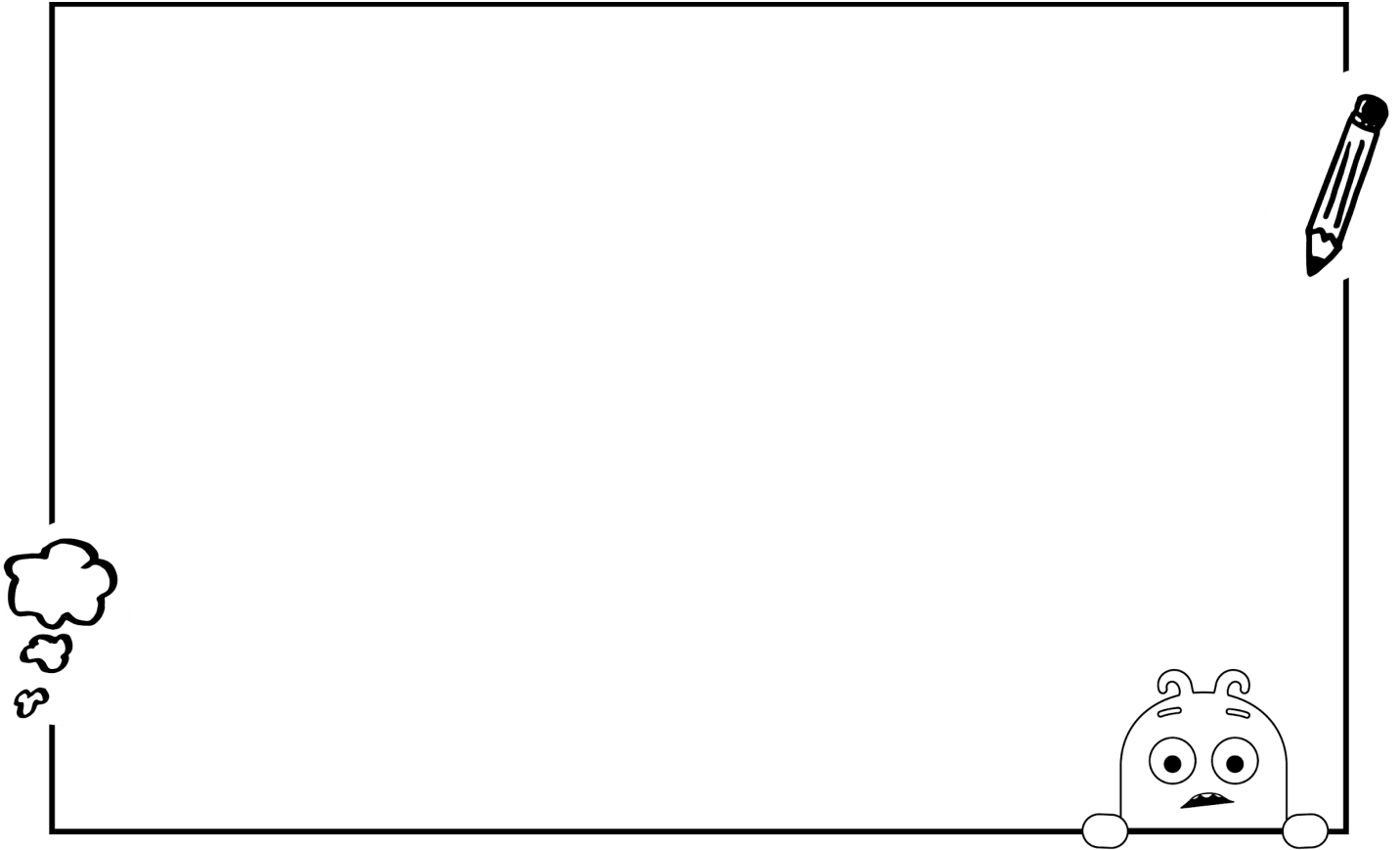


# Pause & Think Moment

NAME \_\_\_\_\_

Draw a picture to show what you will do if you get an uncomfortable feeling using technology.



Write about what you will do if you get an uncomfortable feeling using technology.

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MEDIA BALANCE & WELL-BEING

*We find balance  
in our digital lives.*