Ladies and gentlemen,

Today, let's talk about something that affects us all--screen time. From smartphones to tablets and computers, screens are everywhere, and they're a big part of our daily lives. But too much screen time can lead to problems like poor sleep, less physical activity, and even stress. So, how can we reduce our screen time and improve our well-being? Here are a few simple and practical tips.

First, try setting specific times for screen use. For example, make a rule to use screens only after homework is done or during a certain part of the day. This helps ensure you're spending your time productively and not just scrolling aimlessly.

Second, incorporate more active breaks. Every hour, take a 5-minute break to stretch, walk around, or do a quick exercise. This not only reduces screen fatigue but also boosts your energy and concentration.

Third, create screen-free zones. Designate areas in your home where screens are not allowed, like the dining table or your bedroom. This encourages more face-to-face interactions and helps improve your sleep quality.

Lastly, explore hobbies that don't require screens. Whether it's playing a musical instrument, drawing, or playing a sport, these activities can be much more fulfilling than watching videos or browsing social media.

By making these small changes, you can reduce your screen time and enjoy a healthier, more balanced life. Remember, it's all about creating habits that allow you to enjoy technology without letting it take over your life. Let's start today!

Thank you.