common sense education

NAME

My Media Choices Inventory

DATE

Directions

Part 1: Complete the first three columns to create an inventory of your media use yesterday, from morning to night.

Part 2: Complete the fourth column after your partner discussion.

What media did you use?	When did you use it?	How much time did you spend?	How did you feel? (Complete in Part 2.)
Example: A group text with my friends about our fantasy football teams	Morning	10 minutes	



MEDIA BALANCE & WELL-BEING

We find balance in our digital lives.

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