

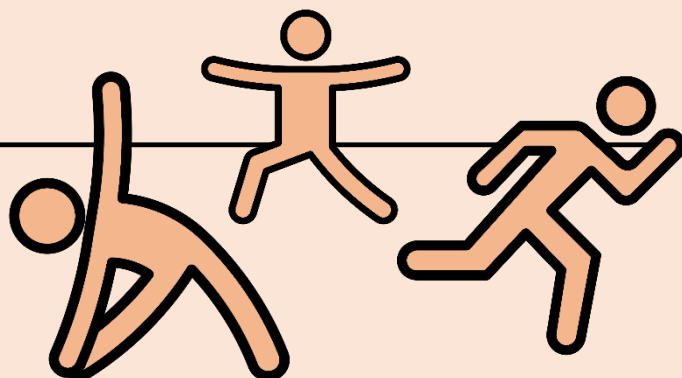
Healthy Computing in the Classroom

Strike a Balance



Get Moving

All recess should be device-free

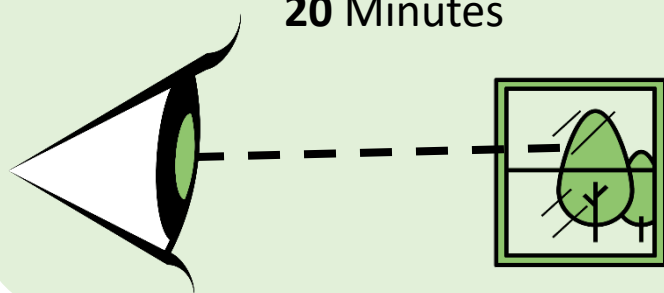


Maintain Relationships

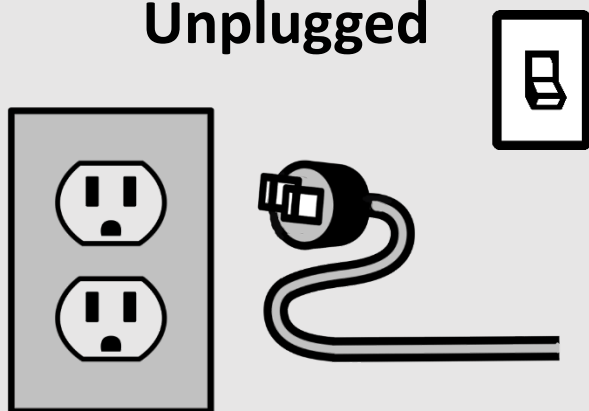


Take Visual Breaks

Look 20 Feet Away for
20 Seconds every
20 Minutes



Spend Time Unplugged



Make Comfortable Choices

