



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-1: MODULE 11

SMART USE OF GADGETS & SCREEN TIME DISCIPLINE

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EARLY CAREER HELP'S

NEEV

Nurture | Enlighten | Evaluate | Victory

GUIDANCE PROGRAM

NEEV-1

For Students of Class 1-5



SHAPES YOUR CHILD'S
THINKING, FOCUS, AND

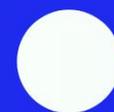
CONFIDENCE

FROM THE START

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“Be the boss of your screen!”



- Set screen time rules at home
- No gadgets during meals, studies, or bedtime
- Practice 1 hour screen-free each day
- Replace screen time with hobbies: games, art, reading
- Watch educational videos together
- Take screen breaks every 30 minutes
- Avoid screens at least 1 hour before sleeping
- Explain how too much screen affects brain
- Encourage digital minimalism & tech balance
- Track screen usage weekly for improvement



Screens can teach or distract



Time management is key



Play, study, rest — all matter



Discipline keeps your brain healthy



Let's learn to use screens smartly!

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What Are Gadgets?

- 📱 Phones and tablets
- 📺 TVs and gaming consoles
- 💻 Laptops and computers
- 🎧 Headphones, smartwatches too
- 🎮 Useful but can distract
- 🚦 Use with control, not all the time!

“Gadgets are cool—but rules rule! 📓 📱”

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Good & Bad Screen Time

- ✓ Good:
- ☐ 🎓 Educational videos
- ☐ 🎨 Creative games & drawing
- ☐ 🌍 Learning about the world

- ✗ Bad:
- ☐ 😵 Too much gaming
- ☐ 😡 Violent or scary content
- ☐ 🛌 Screens before bedtime


Choose content that grows your mind!


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Signs of Too Much Screen Time

- 🙄 Tired eyes or headaches
- 😞 Feeling lazy or bored
- 😡 Getting angry when asked to stop
- 😫 Trouble focusing on schoolwork
- 🚫 Skipping play, reading, or sleep
- 👎 Less talking or playing with others


**Too much screen
=
less real fun!**

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Screen Time Rules at Home

- 🕒 Set daily limits (1 hour max!)
- 🍴 No screens during meals
- 🛏 No screens before bed
- 🎮 Play more offline games
- 📖 Read a story
- 👨👩👧 Spend screen-free time with family

📣 Screen rules = brain tools!



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Be a Smart Screen User

-  Use a timer for gadgets
-  Switch off when done
-  Take breaks every 20 minutes
-  Blink and look away often
-  Use gadgets to create, not just watch
-  Make a screen-time schedule



Use screens smartly,
not endlessly!



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What to Do Instead of Screens?

- 🎨 Drawing or crafts
- ⚽ Outdoor games
- 📖 Storybooks and puzzles
- 🎵 Music or dancing
- 🏰 Building blocks or Lego
- 👨👩 Helping at home!

📢 Fun is everywhere—not just on screen! 🌍 🎈

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Role Models with Discipline

- 🧑‍🚀 Astronauts – Train with focus
- 🎓 Toppers – Use screens wisely
- 👔 Leaders – Stay away from distractions
- 👨‍👩‍👧 Parents – Balanced screen habits
- 💪 YOU can be a role model too!

📢 Discipline makes you a star!



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Practice Time – Gadget Balance

 Make your screen-time tracker

 Set a screen timer daily

 Do 1 screen-free activity every day

 Talk about your favorite non-screen hobby

 Start a “no-screen” bedtime routine

 Build screen balance, not screen chains!  

 Ask parents to follow rules too

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Tips for Students

Please remember:

- ✓ Set limits 🕒
- ✓ Choose learning 🎓
- ✓ Play offline too 🏐
- ✓ Take breaks 🧘

“Screens are tools to learn and create—
but too much can harm your brain, eyes,
and heart. 🌟 🚫 Let's become smart users
of technology and not let it control us!

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Discipline now, success later!



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PARENT-CHILD GOAL SETTING & REVIEW

-  Set weekly learning and personal goals together
-  Use goal boards or jars to track small wins
-  Celebrate effort, not just results
-  Review what worked & what needs change
-  Ask: "What did you enjoy learning this week?"
-  Focus on consistency, not perfection
-  Mix academic, emotional & habit-building goals
-  Share stories from your childhood goals too
-  Create vision chart: "Where do we want to go?"
-  Make review time a happy bonding moment

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Let's learn how to dream together!

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Personalized Guidance



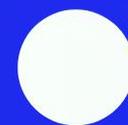
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