"Where Does My Attention Go?"

Name: _____

A Screen Time Reality Check

Why Are We Doing This?

*In the digital age, your attention is valuable. In fact, it is so valuable that companies design apps to keep you scrolling, watching, and tapping for as long as possible. This isn't just about screen time, this is about becoming aware of where your **energy, focus, and time** actually go.*

You only get so much attention each day. Where you put it matters.

PART ONE: How well do you know yourself?

| |
|---|
| **How many hours do you think you spend on your phone per day?** _____ |
| **What do you think are your top 3 most-used apps, and how much time do you think you spend on each of those apps per day?**

1. APP: _____ TIME/DAY= _____

2. APP: _____ TIME/DAY= _____

3. APP: _____ TIME/DAY= _____ |
| **When do you usually use your phone the most? (morning, night, etc.)** _____ |
| **What do you *think* you're getting out of that time?**
_____
_____ |

PART TWO: Reality Check

Now go into your **screen time** (iPhone: Settings > Screen Time | Android: Digital Wellbeing) and record the real data below.

Daily average phone time = _____
Top 3 apps by time used 1. APP: _____TIME/DAY= _____ 2. APP: _____ TIME/DAY= _____ 3. APP: _____ TIME/DAY= _____
Most active time of day (on your phone) _____
Number of pickups/unlocks per day = _____
Number of notifications received = _____

PART THREE: Analyze + Reflect

TIME TO REFLECT

1. How accurate was your guess compared to reality?
   _____

2. Which app(s) took most of your time? Did that surprise you?
   _____
   _____

3. What kept you coming back to those apps? (notifications, boredom, FOMO, entertainment?)
   _____

4. How did you feel *after* using the apps? Energized? Drained? Inspired? Meh?
   _____
   _____

5. If your attention is your currency, do you feel like you're spending it wisely?
   _____
   _____
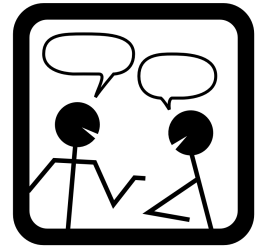
PART FOUR: Let's talk attention
(Find a partner in class to discuss the following questions. These are not to be filled in - just discussed.)

1. **What surprised you the most about how you spend your attention?**

2. **What app or activity do you think takes more of your attention than it should?**

   a. Why do you think that happens?

3. **Did you notice any patterns in how certain activities made you feel afterward?**
   (Ex: energized, drained, relaxed, distracted)

4. **What's one small shift you're considering making after doing this reflection (if any)?**

5. **Do you think you're in control of your attention, or is something else pulling the strings?**

ASSIGNMENT: Your Attention Budget

You spend your attention every single day, like it's cash in your mental wallet. But have you ever stopped to ask where it's all going… and what you're actually getting in return?

Just like money, some things give you quick hits of fun (like buying a frappuccino or candy), while others are long-term investments (like saving up for something meaningful). This assignment helps you reflect on how you're "spending" your attention, and how to make choices that give you better returns for your time and energy.

☐ STEP ONE: Create Your "Ideal Attention Budget"

You can choose one of these formats:
➔ Pie chart
➔ Bar graph
➔ Organized list or table

Break down a **typical day** into attention categories that matter to you. These might include:
● School work/Study
● Screen time (break it down: TikTok, YouTube, gaming, etc.)
● Creative time (art, music, writing, reading)
● Social time (family, friends, etc.)
● Physical activity
● Rest or quiet time (this does not include screen time, but could be listening to music)
● Sleep

For **each category**, explain:
● **Why it deserves your attention**
● **What you get out of it emotionally** (learning? joy? relaxation? distraction?)

☐ STEP TWO: Reflection Questions
Answer in a few thoughtful sentences each (handwritten or typed):

1. Which areas did you give the most attention to in your ideal day? Why do those matter to you?

2. Compare your ideal attention budget with how you actually spend your attention. What's the biggest difference?

3. Are you currently spending your attention in a way that lines up with what you truly care about? Why or why not?

4. What's one small shift you could make in your daily routine to spend your attention more intentionally?

What to Hand In
● Your **"Attention Budget" visual** (chart, graph, or list)
● Your **answers to the 4 reflection questions**