

**SESSION 3:**

# **FAMILY DINNER**

## **REVIEW**

Open your screen time monitors, and review your results with the family. Compare your results against your predictions and discuss as a family.

*How do you feel about the amount of time you're spending on your phone each day?*

*What do you remember spending the most time doing on your phone this week?*

*Did you try to reduce your use while you knew the screen time monitoring was running? What strategies did you use?*

## CLIP 31:00 – 36:00

*Watch this clip together. The clip ends when Isla leaves with her phone.*

### **TASK**

Discuss the clip together. What did you find challenging about it? These questions may help shape your discussion:

*Why do you think Isla acted the way she did in this clip?*

*What do you think the mother was hoping for at the family dinner?*

*How could the family have prepared differently to make the dinner a success?*