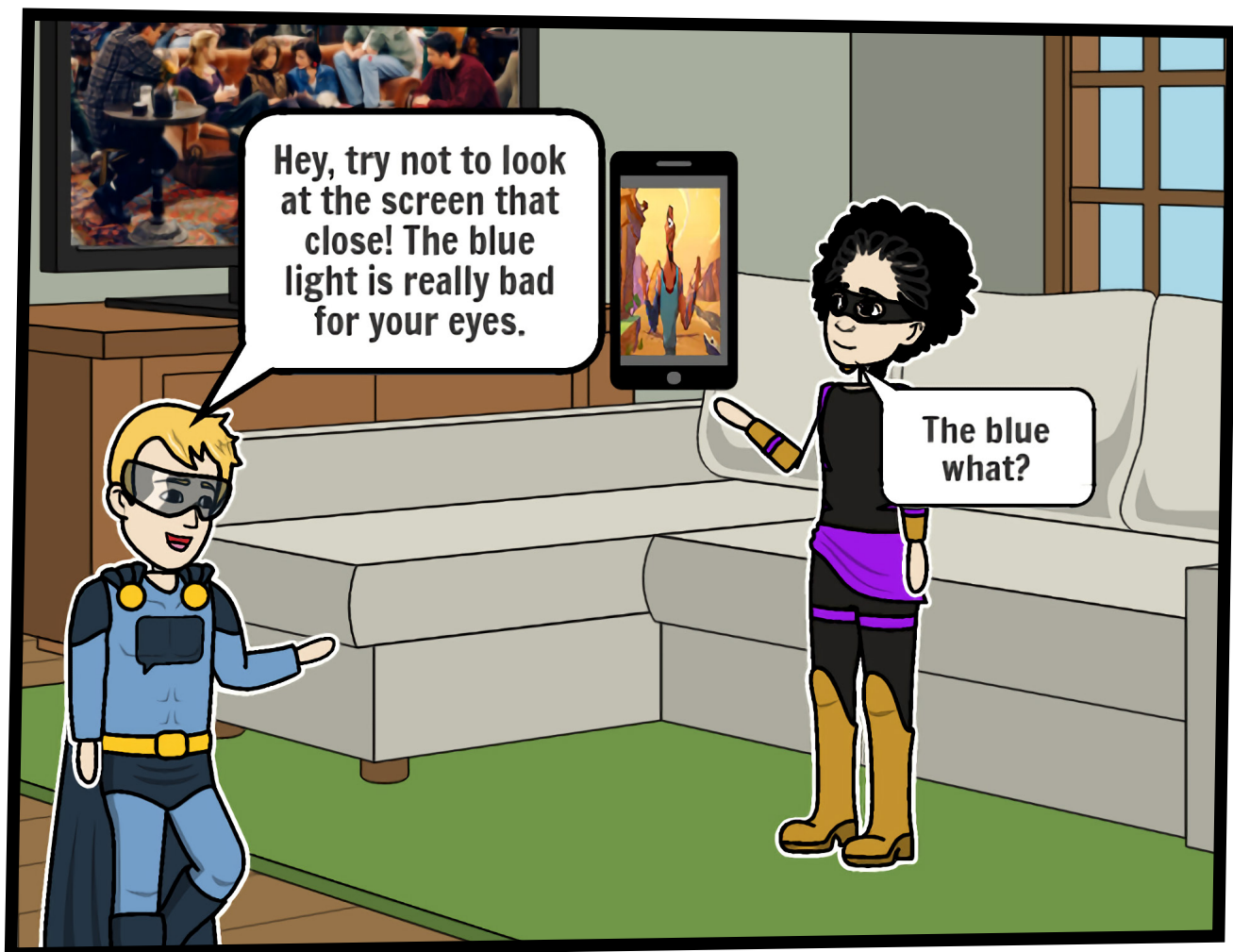


# THE ADVENTURES OF CYBER-SURFER

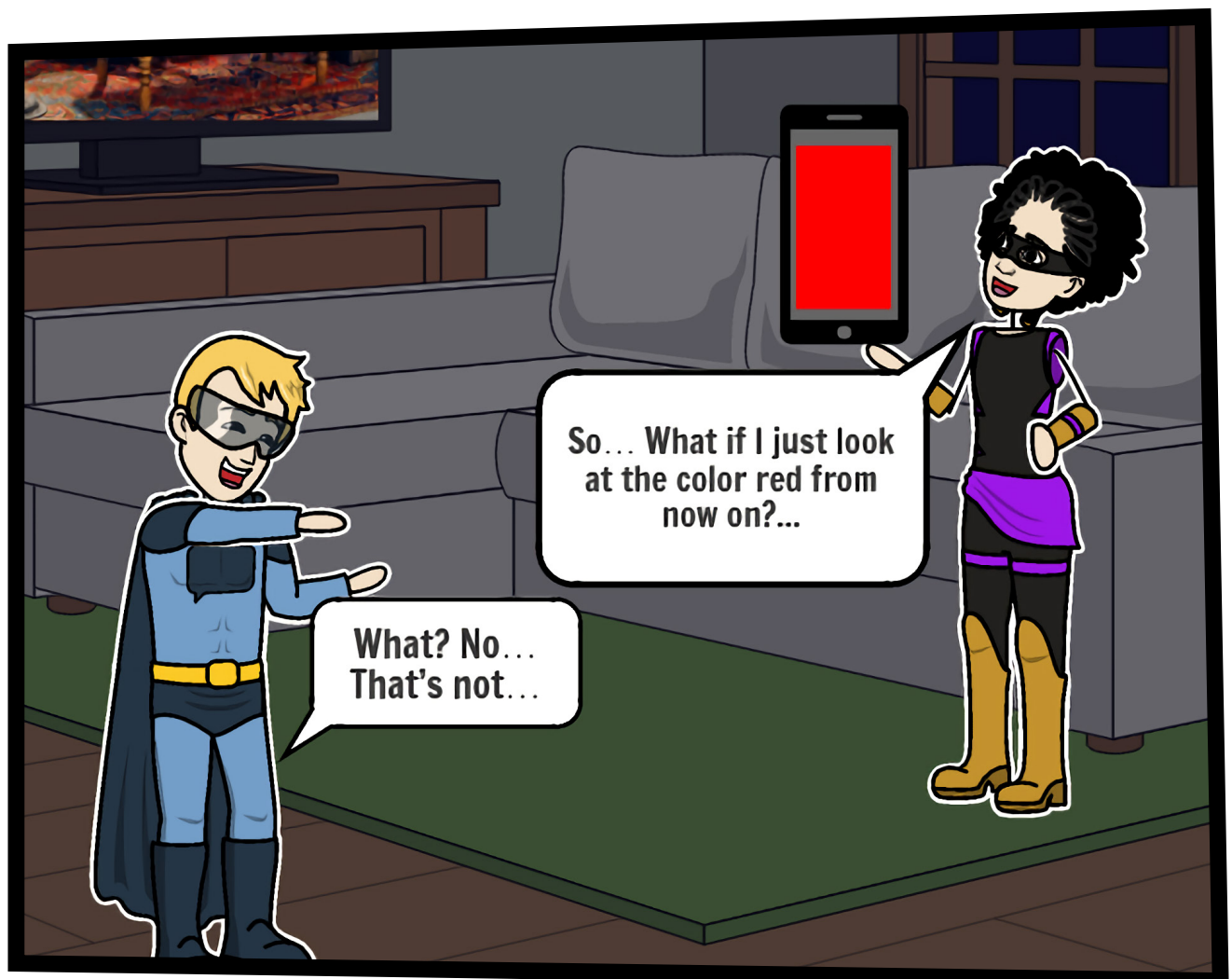


## THE BLUE VIEW

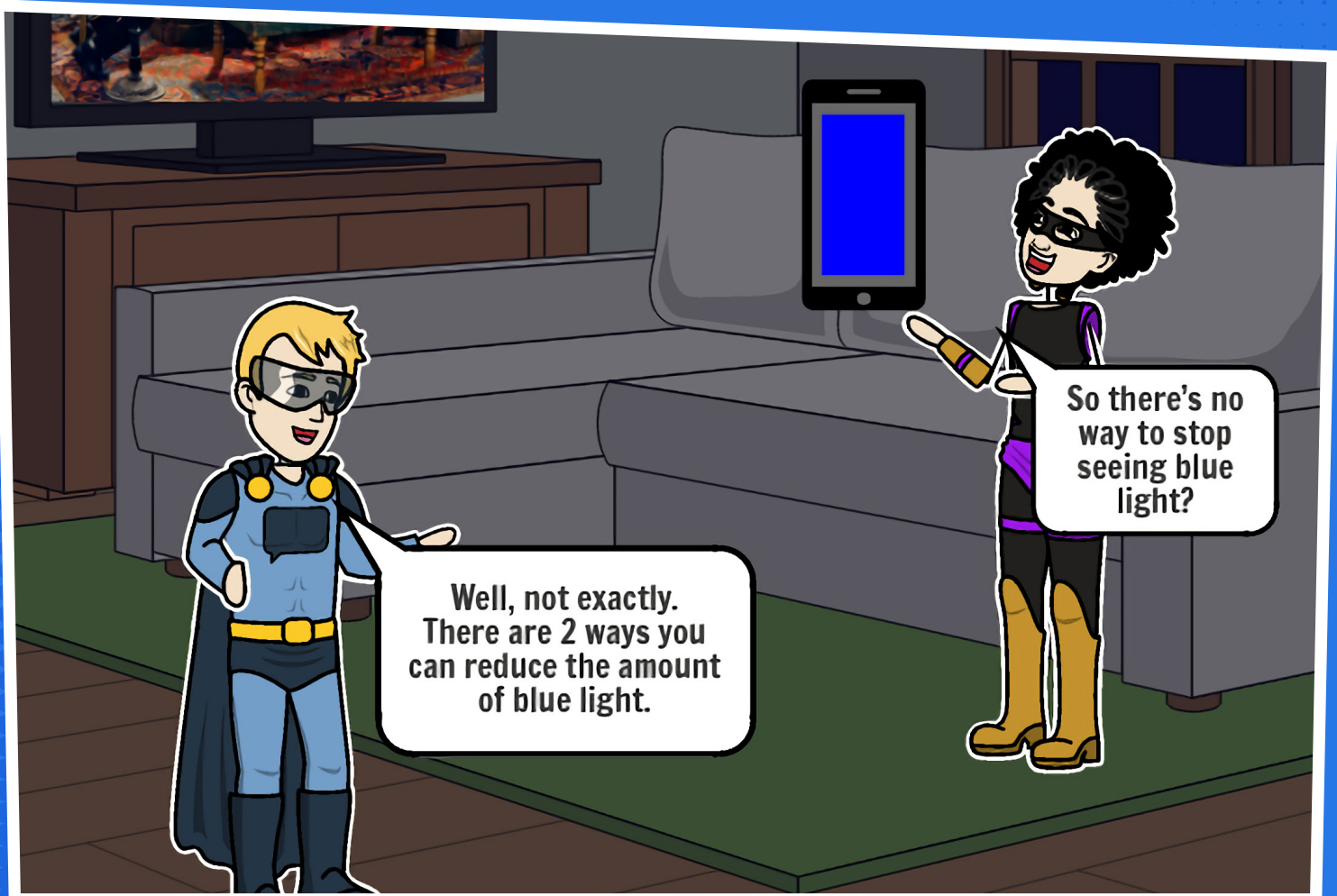
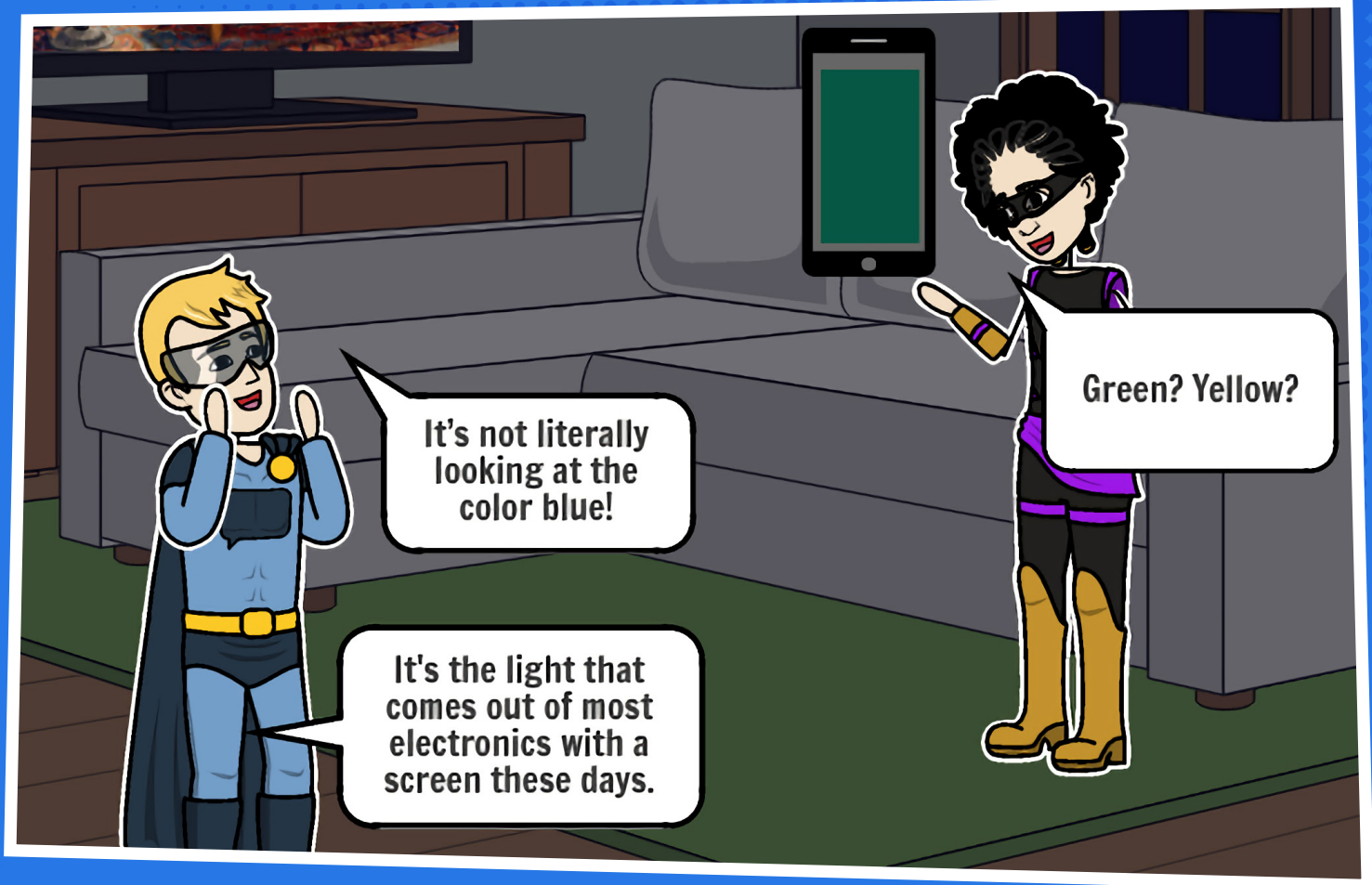


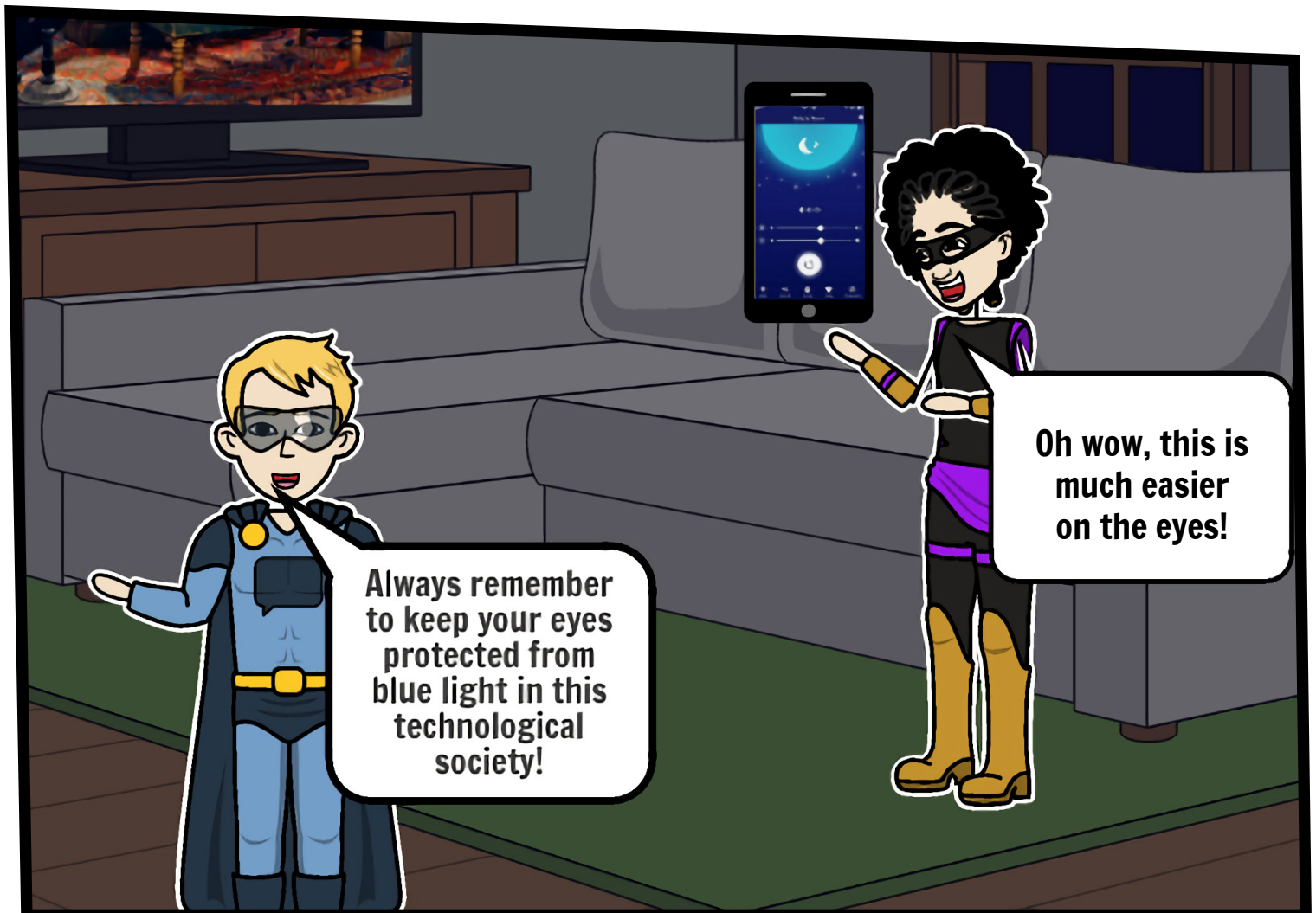
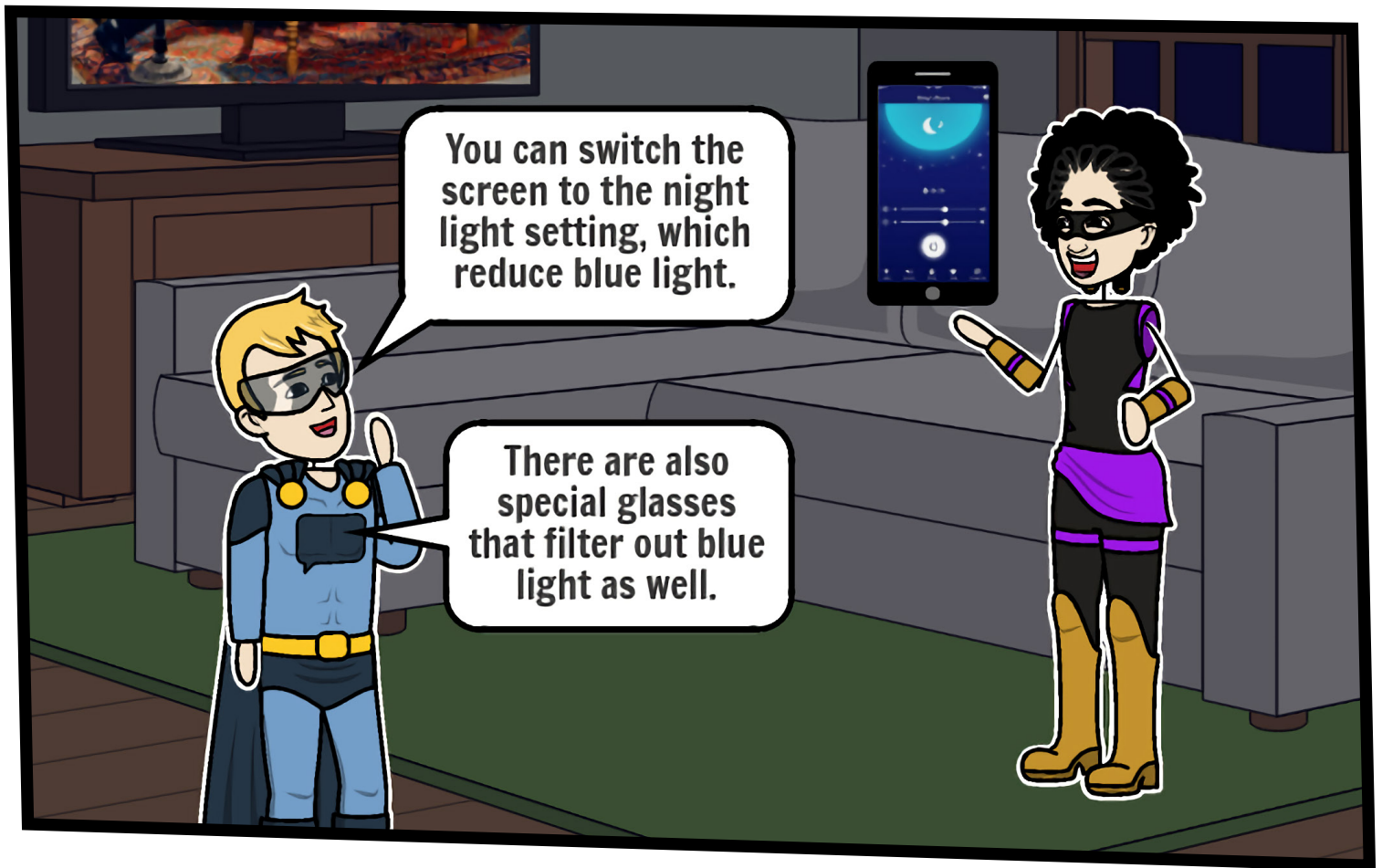












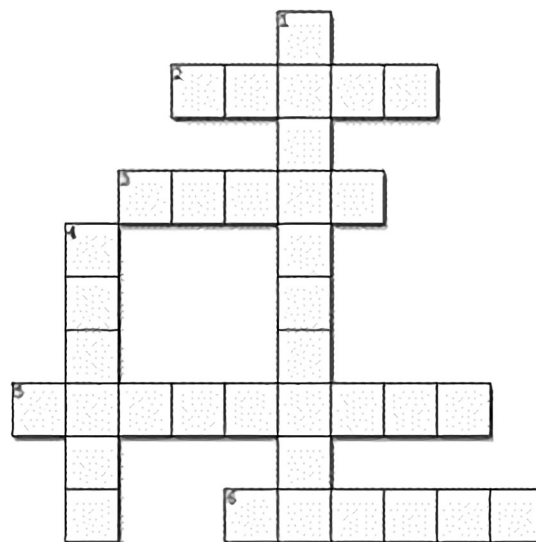
# FUN ACTIVITY FOR YOUNG LEARNERS:

Spending too much time on screens can expose your eyes to too much blue light. This can affect your ability to focus and even sleep. Sometimes it can be good to have technology-free time, where your eyes can take a break from staring at screens! This can even improve your overall mood and wellbeing!

Name: \_\_\_\_\_

## The Blue View

Complete the crossword puzzle below, identifying the common side effects of too much blue light.



Created using the Crossword Maker on TheTeachersCorner.net

### Across

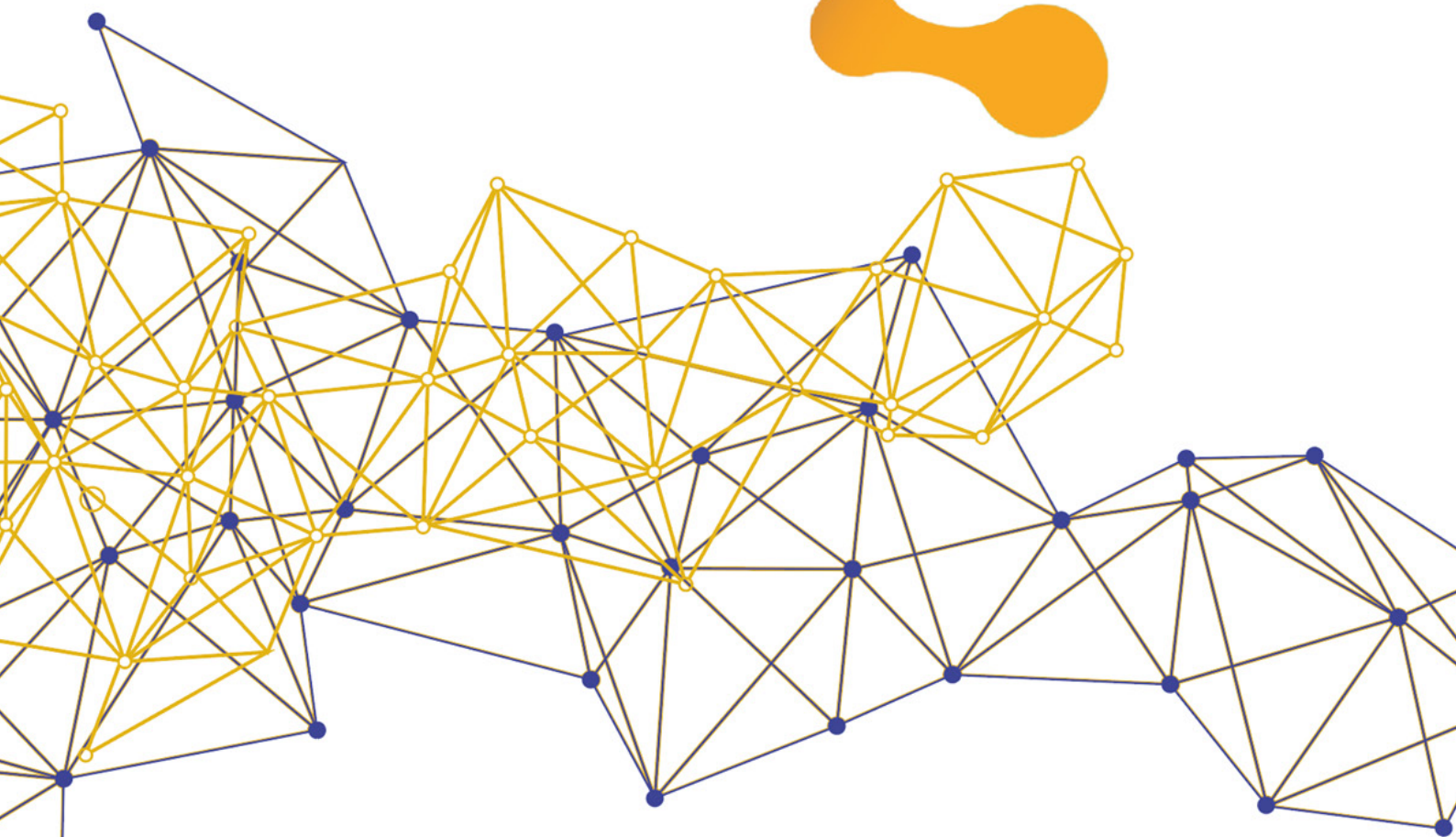
2. Blue light exposure can make it difficult to concentrate and affect your ability to do this in school.
3. Blue light can affect your ability to do this at night.
5. The light emitted from digital screens.
6. An example of this would be a smartphone, tablet, or computer.

### Down

1. The duration spent on technological devices.
4. This is your overall wellbeing. Too much blue light can impact this.

**Answer Key:**  
1. Focus 2. Screen time 3. Device 4. Screen time 5. Sleep 6. Health





**Co-funded by  
the European Union**

"The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."  
Project Number: 2020-1-AT01-KA204-077958