

Category: Well-being
Level: K-12
Area of Focus: Reducing Eye Strain
Materials Needed: Links below

Big Idea and The Why (What should students remember after the lesson?):
Changing and using a variety of strategies and settings on a device will reduce eye strain.

Mini-Lesson/Content:

Here are strategies to reduce eye strain.

- Posture and vision breaks

Here are several ways to setup a device to reduce eye strain.

iPad and iPhone

- 7 Ways to reduce eye strain on iPads and iPhones

Android and Chromebook-

- Night Light
- Dark Mode
- Screen Magnification