



Balance is Better



Written and
illustrated by
Sara Kelly, MSW

JUST KIDS



Because of the changes that have come along with the pandemic, many children have retreated to the digital world for comfort and mental stimulation. This book can be used as a tool to help discuss the need for children to balance their time and use technology in moderation.

Reading tips for caregivers:

COMPARE AND CONTRAST

With your child, point out and label the actions and activities that the boy engages in when he is not using his tablet, and compare them to when he *is* using his tablet.

without: *he is running, jumping, and using his imagination*

with: *he is sitting, frowning, and laying down*

CONVERSATION STARTERS

How do we feel after we've been playing with our friends indoors or outside?

How do we feel after we've spent a long time sitting on the couch using a tablet?

What's the difference? Do we feel different physically or emotionally (*ex: happier, sad, tired*) with these experiences?



















































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