FRIDAY SATURDAY SUNDAY MY **MEDIA USAGE** Today, I used: Today, I used: Today, I used: DIARY **Digital Media** For this long: For this long: For this long: _____ Name (Child): Because of: Because of: Because of: Afterwards, I feel like this: Afterwards, I feel like this: Afterwards, I feel like this: **GRME**SHIFT Afterwards, I feel like this: Because of: Because of: Because of: Becanse of: For this long: For this long: For this long: For this long: Today, I used: Today, I used: Today, I used: Today, I used: **YAGZAUHT YAGZƏUT MEDNESDAY VAGNOM**

FRIDAY	SATURDAY	SUNDAY	MY
Today, I used:	Today, I used:	Great, you've done it! Now you know how your media usage looks. But what about your	MEDIA USAGE DIARY
For this long: Because of: Afterwards, I feel like this:+	For this long: Because of: Afterwards, I feel like this:+	child? Today is the perfect day to talk about your media journals together! Not sure how? No problem! Simply scan the QR code and ask each other the questions!	Digital Media Name (Parent/Guardian):
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3K	3K	3K	My media usage diary from the Pacemaker initiative for GAMESHIFT MRW under the CC BY-NC-ND 4.0 license via gameshift.nrw
Afterwards, I feel like this:	Afterwards, I feel like this: -	Afterwards, I feel like this:	Afterwards, I feel like this: -
Because of:	Because of:	Because of:	Because of:
For this long:	For this long:	For this long:	For this long:
:pəsn 'λppo <u>l</u>	Today, I used:	Today, I used:	.pəsn ι 'λppo
VAGZAUHT	МЕДИЕЗДА	YAGZƏUT	VAGNOM