

## FRIDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

\_\_\_\_\_ +



## SATURDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +



## SUNDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +




## MY MEDIA USAGE DIARY

Digital Media

Name (Child): \_\_\_\_\_



 My media usage diary from the Pocomaker Initiative for GAMESHIFT NRW under the CC BY-NC-ND 4.0 license via gameshift.nrw

## THURSDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +



## WEDNESDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +



## TUESDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +



## MONDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +



## FRIDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +



## SATURDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +



## SUNDAY

Great, you've done it! Now you know how your media usage looks. But what about your 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!



## MY MEDIA USAGE DIARY

Digital Media

Name (Parent/Guardian): \_\_\_\_\_



My media usage diary from the Pocomaker Initiative for GAMESHIFT NRW under the CC BY-NC-ND 4.0 license via gameshift.nrw



Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

Today, I used:

\_\_\_\_\_

For this long: \_\_\_\_\_

Because of: \_\_\_\_\_

Afterwards, I feel like this:

- \_\_\_\_\_ +

