Positive or Negative?

NAME:	DATE:

Tick whether you think the situation is a positive or negative influence on your brain development. Some might be both in different ways! Discuss with your partner.

SITUATION	POSITIVE	NEGATIVE
1. Getting 8–10 hours sleep a night		
2. Eating a packet of chips a day		
3. Going for a run		
4. Talking to friends online		
5. Spending a long time gaming online		
6. Having breakfast before you get to school		
7. Staying up late to read books		
8. Joining the local footy team		
9. Binge watching Netflix for 6 hours		
10. Eating some veggies		

1. Positive 2. Negative 3. Positive 4. Both – it can be positive to connect with friends online but it can also be negative if you are spending a lot of time online or if they are negative friendships. 5. Negative – gaming online can be a positive influence but aim for short sessions with regular breaks. 6. Positive 7. Both – it can be positive to read books to help you wind down before bed, but staying up late might mean you get less sleep than you need. 8. Positive 9. Negative 10. Positive