

Tech Control

Be Productive

Think about everything you might need to sleep and study productively. It might be that you need music playing, an energy drink or a “do not disturb” sign on your door to study properly. You might like to read a book before bed, have a bath or listen to a meditation guide when going to bed. In a bad environment perhaps you’re playing video games, checking social media, there’s noise blaring from outside. Draw pictures of all the things in your good and bad sleeping and studying environments and pay particular attention to the role technology plays in your pictures.

Good environment for study



Bad environment for study



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Be Productive

Good environment for sleep



Bad environment for sleep

