

Media Balance & Wellbeing

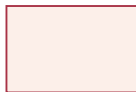
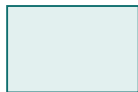
Unit: Digital Safety and Citizenship - Student Practice Worksheet

Overview: The ball came high and slow, straight to Anaya. An easy catch. She blinked, saw two balls instead of one, and it dropped between her hands. Her team lost by four runs.

Practice Questions (30 Total)

Section A - Easy

Q1. Media balance means choosing how much, what kind, and what else?



how much / what else

- ☐ **A.** Who else is watching
- ☐ **B.** How loud the sound is
- ☐ **C.** When
- ☐ **D.** Which app you use

Q2. What is wellbeing, as this topic defines it?

- ☐ **A.** How many followers or likes you have
- ☐ **B.** How fast your internet connection is
- ☐ **C.** How many hours of homework you finish
- ☐ **D.** How your body and mind feel — sleep, energy, mood, eyes

Q3. Did Ms. Rao tell the class that watching videos is bad?

- ☐ **A.** Yes, she banned videos in the lab
- ☐ **B.** No — she asked what autoplay chose instead of Anaya
- ☐ **C.** Yes, but only cricket videos
- ☐ **D.** No — she said only games were the problem

Q4. What is autoplay?

next video starts itself

- ☐ A. A setting that starts the next video without you asking
- ☐ B. A button that pauses a video automatically
- ☐ C. A way of choosing exactly which video plays next
- ☐ D. A timer that stops videos after twenty minutes

Q5. "Screen time" means:

- ☐ A. Only the time spent playing games
- ☐ B. The total time you spend looking at a screen
- ☐ C. The time a screen takes to switch on
- ☐ D. Time spent watching videos with autoplay off

Q6. Which of these did the three hours of videos take from Anaya?

- ☐ A. A night's sleep
- ☐ B. Her place in the team
- ☐ C. Her pocket money
- ☐ D. Her breakfast

Q7. What two headings did Ms. Rao write on the blank page?

GAVE

TOOK

- ☐ A. GOOD and BAD
- ☐ B. BEFORE and AFTER
- ☐ C. GAVE and TOOK
- ☐ D. SCREEN and SLEEP

Q8. What did Anaya change about her own habit?

- ☐ A. She switched autoplay off
- ☐ B. She stopped watching bloopers altogether
- ☐ C. She started watching only in the morning
- ☐ D. She asked Kabir to hide the app from her

Q9. What did Kabir do differently the evening after Anaya told him about the catch?

- ☐ A. He deleted the video app completely
- ☐ B. He set a timer for twenty minutes before opening the app
- ☐ C. He watched with his parents in the room
- ☐ D. He only watched cricket videos, nothing else

Q10. What happened the Saturday after Anaya changed her habit?

- ☐ A. She missed the match completely
- ☐ B. She watched videos during the match
- ☐ C. The match was cancelled
- ☐ D. She took two catches

Section B - Medium

Q11. Why did Kabir set his timer before opening the app instead of after?



- ☐ A. The app plays better that way
- ☐ B. A timer cannot be set later
- ☐ C. Choosing is easier before you start
- ☐ D. So the videos play without sound

Q12. Why does the topic ask "what did this hour cost" instead of "is this app good or bad"?

- ☐ A. Because cost is easier to calculate than goodness
- ☐ B. Because the same app can cost a lot or a little, depending on choices made around it
- ☐ C. Because all apps cost the same amount of wellbeing
- ☐ D. Because "good" and "bad" are words teachers are not allowed to use

Q13. Anaya switched autoplay off and watched bloopers at 6 pm. What did the new plan take?

- ☐ A. About twenty minutes, no sleep
- ☐ B. Three hours and a night's sleep
- ☐ C. Nothing at all, ever

- ☐ D. Her whole Friday evening

Q14. Rohan says "I only watched one video." He watched from 9 pm to 10 pm. What is wrong?

9 pm to 10 pm, one chain

- ☐ A. Nothing — one video is fine
- ☐ B. He should count minutes, not videos
- ☐ C. He watched on the wrong day
- ☐ D. One video cannot last an hour

Q15. A friend says setting a timer is "no fun — it ruins the video". What is the strongest reply, based on Kabir's experience?

- ☐ A. The timer decides which video plays, so it improves the choice
- ☐ B. The timer sets a limit before the choosing gets hard, and he still watched what he wanted
- ☐ C. Fun does not matter as much as the timer does
- ☐ D. A timer only works if it is set after the video starts

Q16. Which trade-off did Anaya actually make on Friday night, even though she never chose it on purpose?

- ☐ A. Three hours of laughing, in exchange for a night's sleep and a catch
- ☐ B. A cricket match, in exchange for pocket money
- ☐ C. Her breakfast, in exchange for a longer video
- ☐ D. Her cousin's friendship, in exchange for a joke video

Q17. What is the real difference between Anaya choosing the first video and autoplay choosing the other forty?

I picked the first

autoplay picked the rest

- ☐ A. The first video was longer than the other forty combined
- ☐ B. There is no real difference — a video is a video
- ☐ C. One decision was hers; the other thirty-nine happened without a decision at all

- ☐ **D.** The first video was cricket; the rest were something else

Q18. "I'll know when to stop, I don't need a timer." What does Anaya's Friday night suggest about that plan?

- ☐ **A.** It works well, since most people notice the time easily
- ☐ **B.** It works for videos, just not for games
- ☐ **C.** It only fails for people who are bad at maths
- ☐ **D.** It can fail quietly — three hours felt like ten minutes to her

Q19. Which single fact best explains why the catch was dropped on Saturday specifically?

- ☐ **A.** She had never practised catching before
- ☐ **B.** The ball was unusually fast
- ☐ **C.** She was distracted by a video during the match
- ☐ **D.** She lost sleep the night before and saw two balls instead of one

Q20. Which change would have helped Anaya the least on Friday night?

- ☐ **A.** Turning autoplay off before she started
- ☐ **B.** Setting a timer before opening the app
- ☐ **C.** Watching the exact same forty videos, but starting them all at 6 pm
- ☐ **D.** Choosing to stop after one video, as she had planned

Section C - Challenge

Q21. Two children each use screens for two hours. One edits a Diwali video for her family; the other scrolls without choosing anything. Same amount of time — why is their media balance different?



- ☐ **A.** It isn't different — two hours is two hours
- ☐ **B.** The editor chose what kind and kept choosing throughout; the scroller only chose the first swipe
- ☐ **C.** Editing a video always counts as work, not screen time
- ☐ **D.** The scroller's two hours doesn't really count because nothing was learned

Q22. Why is "an hour spent here cannot be spent again" compared to pocket money rather than, say, to water?

- ☐ **A.** Because both money and time can be saved for later use
- ☐ **B.** Because pocket money is also lost while watching videos
- ☐ **C.** Because water, unlike time, can always be replaced
- ☐ **D.** Because the comparison has no real purpose

Q23. Anaya says the real problem was three hours. Kabir says the real problem was 11:40 pm. Which reading best joins both, using evidence from the story?

- ☐ **A.** Only Anaya is right — the hour of night never mattered
- ☐ **B.** Only Kabir is right — three hours would have been fine at another time
- ☐ **C.** Both — the amount created the problem, and the late timing is what delivered the cost to Saturday morning
- ☐ **D.** Neither — the actual cause was the difficulty of the catch itself

Q24. Which computer-lab rule protects wellbeing without banning video, and is honest about its real cost?

lab: timer, not a ban

- ☐ **A.** No screens of any kind during lunch break
- ☐ **B.** Videos allowed only if a teacher watches them first
- ☐ **C.** Unlimited time, since children can be trusted to manage themselves
- ☐ **D.** Autoplay off, twenty-minute timer before any app — a long highlights reel gets shortened too

Q25. A classmate argues "autoplay is just a feature, blaming it is an excuse". What is the strongest counter, from the story?

- ☐ **A.** Autoplay is built specifically to remove the moment where a choice would happen
- ☐ **B.** Autoplay is illegal in some countries
- ☐ **C.** Anaya never actually used autoplay that Friday
- ☐ **D.** Blaming autoplay is unfair to the video creators

Q26. What makes the GAVE/TOOK exercise more useful than simply asking "was that a waste of time"?

- ☐ **A.** It forces both sides onto paper, so a real trade-off is visible rather than felt

- ☐ **B.** It always proves that screens gave nothing of value
- ☐ **C.** It is faster to do than answering one question
- ☐ **D.** It replaces the need to think about timing at all

Q27. If a child never loses sleep, never misses a catch, but spends every evening scrolling without choosing anything, does media balance still apply to them?

every evening on a screen

- ☐ **A.** No — media balance only matters when something visibly goes wrong
- ☐ **B.** Yes — the definition is about who is choosing, not about a visible cost turning up
- ☐ **C.** No — wellbeing is only about sleep and catches
- ☐ **D.** Yes, but only if they also play cricket

Q28. Why does the topic reject the question "are screens good or bad" as the wrong question to ask?

- ☐ **A.** Because it has no clear answer and wastes time
- ☐ **B.** Because all screens are, in fact, good
- ☐ **C.** Because the same screen time can cost a lot or a little, depending on choices made around it
- ☐ **D.** Because Ms. Rao personally dislikes the question

Q29. Kabir's fix (timer before starting) and Anaya's fix (autoplay off) target different things. What is the difference?

- ☐ **A.** Only one of the two fixes actually worked
- ☐ **B.** They are the same fix with different names
- ☐ **C.** Kabir's fix is about kind of content; Anaya's is about sleep
- ☐ **D.** One limits how much; the other limits whether the next video is chosen for you

Q30. Which single sentence best captures the whole topic's argument?

- ☐ **A.** Videos are dangerous and should be watched as little as possible
- ☐ **B.** The question is not whether you watched, but whether you or the app decided what happened next
- ☐ **C.** Sleep matters more than any screen habit
- ☐ **D.** Timers should always be used, whatever you are doing

Answer Key

Q1: (C) (c) The three parts are how much, what kind, and when. Option (a) is tempting because company changes the mood, but it is not one of the three.

Q2: (D) (d) Sleep, energy, mood and eyes are the four things named. Option (a) is a number an app shows you, not a feeling in your own body.

Q3: (B) (b) "Did I say that?" was her reply, and she pointed at autoplay rather than at videos themselves. The story punishes losing track of time, not watching videos.

Q4: (A) (a) It removes the moment where you would otherwise choose. Option (d) describes the opposite of autoplay — a limit, not a feature that keeps videos coming.

Q5: (B) (b) It covers every kind of screen use added together, not one category. Option (a) narrows a general word to a single activity it was never limited to.

Q6: (A) (a) She lost three hours, sleep, one catch and four runs. Option (b) is tempting because she played badly, but nobody dropped her from the team.

Q7: (C) (c) Those are the two columns Anaya filled in. Option (a) sounds similar but misses the point — the exercise is not about judging videos as good or bad, only about naming what each side actually was.

Q8: (A) (a) She kept the videos, at 6 pm instead of 11 pm, with autoplay off. Option (b) is not what happens — she still watches bloopers, just differently.

Q9: (B) (b) The timer went on before he started, not after. Option (a) is more than the story shows — Kabir keeps using the app, just with a limit around it.

Q10: (D) (d) Two catches, and Pixel's fan groaned in what counts as applause. Nothing in the story suggests option (a) or (c) happened.

Q11: (C) (c) Choosing is easier before you start. Once videos run, autoplay decides and time stops feeling real. Option (b) is wrong: a timer can be set later, it just rarely is.

Q12: (B) (b) The exact same bloopers channel cost Anaya a night's sleep on Friday and cost her almost nothing on the following Saturday. Option (c) contradicts the story directly — the cost clearly changed between the two nights.

Q13: (A) (a) About twenty minutes and no sleep, because 6 pm is nowhere near bedtime. Option (b) describes the old Friday, not the new plan.

Q14: (B) (b) He should count minutes, not videos. One video lasting an hour costs an hour. Option (d) is wrong — a single video really can run that long, which is exactly the trap.

Q15: (B) (b) He still enjoyed the videos — the timer only fixed when the choosing happened, not what he watched. Option (d) reverses the exact lesson the story teaches about timing.

Q16: (A) (a) That is exactly what the GAVE/TOOK columns lay out — enjoyment on one side, sleep and a catch on the other. Option (c) mixes up cause and effect: breakfast was affected by the tiredness, it was not traded for anything.

Q17: (C) (c) That is the whole point Ms. Rao is making — the first choice was Anaya's, and everything after it was the app's. Option (b) is the belief the topic is correcting.

Q18: (D) (d) Losing track of time was exactly what happened, and it happened without her noticing until she looked up. Option (a) is contradicted directly by the story's own evidence.

Q19: (D) (d) Tiredness is named directly as the reason — yawning at breakfast, yawning in the auto, seeing double. Option (a) is contradicted by the story, which calls her the best fielder in her class.

Q20: (C) (c) Watching the same three hours of content earlier does not fix the amount, which was the actual problem that night. Option (a) and (b) both change how the choosing happens, which is what the story credits for the following Saturday's catches.

Q21: (B) (b) Amount alone cannot decide it, since both spent identical time — the difference is in the "what kind" and "when" choices being actively made or not. Option (d) invents a rule the topic never states; screen time is screen time whether or not something was learned.

Q22: (A) (a) Both are limited, and choosing to spend one on something means it is genuinely gone from what remains — the comparison is about scarcity, not about the two things being similar in other ways. Option (c) actually supports the comparison rather than undermining it — water and time behave alike here, both used up once spent.

Q23: (C) (c) Three hours at 10 am would not have cost her sleep, and 11:40 pm with a five-minute video would not have cost her much either — it took both facts together. Option (d) is contradicted by the story, which calls the catch an easy one.

Q24: (D) (d) It follows Kabir and Anaya's own fixes and names a real, fair cost — a fan of long match highlights loses out, in exchange for everyone getting a turn and keeping the choosing with the child. Option (c) is contradicted directly by Anaya's own Friday night.

Q25: (A) (a) Ms. Rao's own point is not that Anaya has no responsibility, but that thirty-nine of the forty videos were never actually chosen by her — the feature exists to keep videos coming without asking. Option (c) is false; autoplay is exactly what carried her past midnight.

Q26: (A) (a) Writing out both columns is what let Anaya see three real gains and four real costs side by side, instead of one vague verdict. Option (b) is contradicted directly — Anaya's GAVE column lists three genuine things she valued.

Q27: (B) (b) The topic's test is "did I choose this, or did the app choose for me" — a cost not yet visible does not mean no choice is being skipped. Option (a) mistakes the absence of an obvious symptom for the absence of the underlying habit.

Q28: (C) (c) Anaya's own bloopers were worth watching on Saturday at 6 pm and costly on Friday at 11 pm — the screen did not change, the choosing did. Option (b) overstates the topic's actual position, which never claims all screens are good.

Q29: (D) (d) A timer caps the amount; turning off autoplay hands the "what's next" decision back to the person. Option (a) is contradicted by the story — both children improve, in different ways.

Q30: (B) (b) That is the exact reframing Ms. Rao offers, and both children's fixes are really about restoring the choice, not eliminating videos. Option (a) is the position the story explicitly argues against.

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