

Harmful Habits

A harmful habit is a behaviour that we do again and again that is not good for us.

An example of a harmful habit is to go outside on a sunny day without putting on sun cream.



Another harmful habit is screen time.

These are the different versions of screen time.



iPads and iPhones



watching television



playing video games

The dangers of too much screen time:



negative influences



distraction



obesity and body damage



poor sleep

What is an addiction?

Addiction =
an urge to do something
that is hard to control or stop

