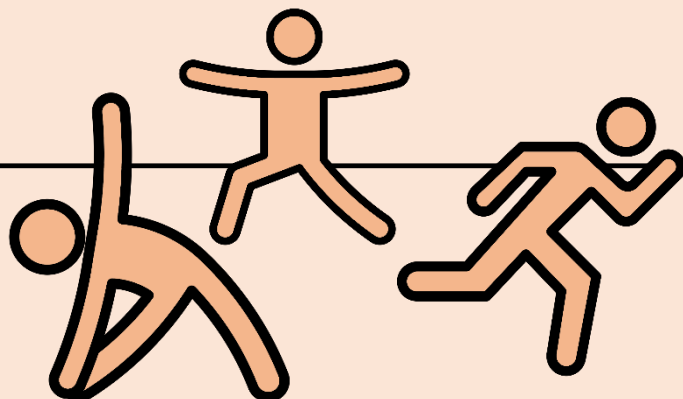


# Healthy Computing in the Classroom

## Strike a Balance



## Get Moving

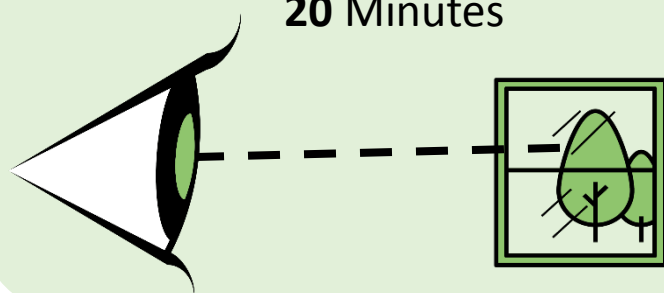


## Maintain Relationships

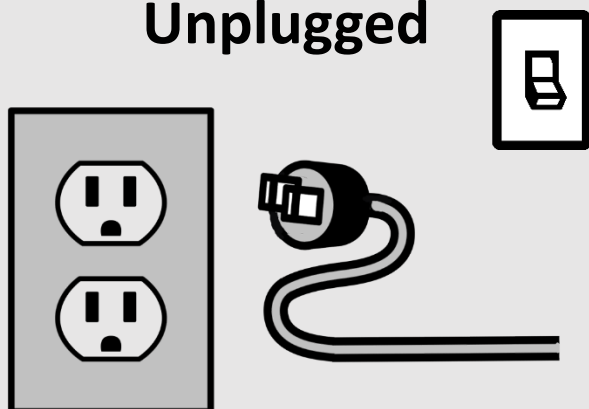


## Take Visual Breaks

Look 20 Feet Away for  
20 Seconds every  
20 Minutes



## Spend Time Unplugged



## Make Comfortable Choices

