Screen Sense

# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Instructions to conduct the experiment** |
| * Work with a partner. One of you will be the Reader, and the other will be the Observer. * Understand the Roles:  1. Reader: Your job is to measure the distances from the screen and rate how comfortable it is for you to read at each distance. 2. Observer: Your role is to watch the reader’s posture and check for any signs of discomfort.  * Ensure your pair has a measuring tape, a computer with the text on Slide 10, and a printed worksheet. |

|  |
| --- |
| **General Instructions for Students** |
| * The **Reader** and **Observer** should read the instructions provided for both roles below. * The Reader will measure and sit at three distances: 30 cm, 60 cm, and 90 cm from the screen, reading the text on Slide 10 at each distance. * The Observer will observe the reader’s posture and signs of discomfort, and note any changes. * After the reader completes reading at all three distances, the pair will sit together to fill in the provided tables and share their reflections. * Once the procedure is complete, the Reader and Observer will answer the reflection questions together based on their observations and experiences. |

|  |
| --- |
| **Instructions for the Reader** |
| * Positioning:  Sit in front of the computer.Take a measuring tape and hold one end at the center of the screen.Pull the measuring tape straight towards you until it reaches 30 cm. Ask your observer to confirm that you're correctly positioned.  * Reading:   + Once positioned at 30 cm, read the text displayed on Slide 10 aloud. Pay attention to how comfortable your eyes are while reading at this distance.   + Repeat the same procedure by sitting 60 cm and 90 cm from the screen. * Comfort Rating:   + After reading at each distance, rate your comfort level from 1 (very uncomfortable) to 5 (very comfortable).   + Document your ratings and make any notes about discomfort in the table provided. |

|  |
| --- |
| **Instructions for the Observer** |
| * Positioning:   + Ensure the Reader is correctly positioned at each of the three distances: 30 cm, 60 cm, and 90 cm. * Observing:   + Leaning Forward: The Reader moves their upper body closer to the screen, reducing the distance between their eyes and the screen.     - Examples:       * The Reader's head and shoulders move forward.       * The Reader's back no longer rests against the chair.   + Squinting:The Reader narrows their eyes, possibly to see the screen more clearly.     - Examples:       * The Reader's eyelids partially close, reducing the visible eye area.       * The Reader may blink frequently or rub their eyes.   + Shifting in Seat:The Reader frequently changes their sitting position.     - Examples:       * The Reader moves from side to side.       * The Reader adjusts their posture, such as sitting up straighter or slouching.   + Moving Closer or Farther from the Screen:The Reader changes their distance from the screen during the activity.     - Examples:       * The Reader pushes their chair closer to or farther from the desk.       * The Reader leans back or forward in their chair to adjust the screen distance. * Documenting:   + Record these observations in the provided table. Document signs of discomfort, adjustments, and posture changes at each distance. |

|  |  |  |
| --- | --- | --- |
| **Reader’s Table:** | | |
| **Distance** | **Comfort Level (1-5)** | **Notes on Discomfort** |
| 30 cm |  |  |
| 60 cm |  |  |
| 90 cm |  |  |

|  |  |  |
| --- | --- | --- |
| **Observer’s Table:** | | |
| **Distance** | **Posture Observations** | **Signs of Discomfort** |
| 30 cm |  |  |
| 60 cm |  |  |
| 90 cm |  |  |

|  |
| --- |
| **Reflection Questions** |
| Question 1: At which distance did you both agree the reading was most accessible and comfortable? Why do you think this distance felt better? |
| Question 2: At which distance did you both feel the most discomfort or difficulty while reading? What were the signs that showed discomfort? |