Screen Sense

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

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| **Instructions to conduct the experiment** |
| * Divide students into pairs (2 students per pair). * Explain Roles:  1. Reader: The student who will measure distances, read the text, and rate their comfort level. 2. Observer: The student who will observe the reader’s posture and signs of discomfort.  * Ensure each pair has a measuring tape, a computer with the text on Slide 10, and a printed worksheet. |

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| **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. |

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| **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. |

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| **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. |

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| **Reader’s Table:** | | |
| **Distance** | **Comfort Level (1-5)** | **Notes on Discomfort** |
| 30 cm | 2 | Too close to the screen. Difficulty focusing on text. |
| 60 cm | 4 | Comfortable distance, easy to read the text. |
| 90 cm | 3 | It’s slightly too far. I had to narrow my eyes, making it harder to read the smaller text. |

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| **Observer’s Table:** | | |
| **Distance** | **Posture Observations** | **Signs of Discomfort** |
| 30 cm | Leaning back slightly. | Adjusting posture, Looks uncomfortable. |
| 60 cm | Sitting upright. | No signs of discomfort, able to read text without many adjustments in body. |
| 90 cm | Leaning forward slightly. | Narrowing one’s eyes to read, repositioned head to focus. |

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| **Reflection Questions** |
| Question 1: At which distance did you both agree the reading was easiest and most comfortable? Why do you think this distance felt better?  We both agreed that 60 cm was the most comfortable distance. The reader could see the text clearly without needing to lean  forward or adjust, and the observer noticed that the reader stayed steady, didn’t squint, and showed no signs of discomfort  in posture. |
| Question 2: At which distance did you both feel the most discomfort or difficulty while reading? What were the signs that showed discomfort?  We found that 30 cm was the most uncomfortable distance. The reader felt too close to the screen, had to strain their eyes,  and leaned back. The observer noticed the reader was narrowing his eyes, shifting in their seat, and adjusting his neck position,  which were clear signs of discomfort. |