Screen Sense

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

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| Note |
| * Go to <https://www.canva.com/> for this practice. |

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| **Design a poster to promote healthy screen habits** |
| **Step 1: Objectives of Poster Creation** |
| **Instructions** |
| **Objective:** Create a visually appealing poster to promote healthy screen habits based on what you’ve learned.  **Tools Required:** Access to Canva (can be accessed online).  **Key Points to Include**   * Effects of prolonged sitting on body and eyes * Optimal screen distance * Importance of regular breaks * Importance of proper posture |

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| Step 2: Getting Started with Canva | |
| **Instructions** | **Screenshot** |
| 1. **Open Canva**   <https://www.canva.com/>  Go to Canva.  Sign in or create a free account if you don’t have one. |  |
| 1. **Choose a Template:**  * Click on “Create a design” and select “Poster Portrait” from the list of options. |  |
| 1. Browse the available templates, choose one you like, or start from scratch.   In the left panel, you'll see a search bar where you can search for poster templates. You can choose a template that fits your needs or start designing from scratch on a blank poster. |  |

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| **Step 3: Adding Key Information** | | |
| **Instructions** | **Screenshot** | |
| 1. **Add Images and Graphics**   Search Canva’s library for relevant images and icons that match the key points.  Include screen distance graphics, break reminder icons, and posture illustrations. |  | |
| 1. **Add Text**   Use the text tool to add key points you’ve learned.  Include headings such as “Optimal Screen Distance,” “Regular Breaks,” “Effects of Prolonged Sitting,” etc. |  | |
| Step 4: Designing Tips | | |
| **Instructions** | | **Screenshot** |
| 1. **Visual Appeal**   Use contrasting colors to make important information stand out.  Select readable fonts and avoid using too many different fonts. | |  |
| 1. **Layout**   Balance text and images to avoid clutter.  Use space effectively to keep the poster neat and organized. | |  |

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| Step 5: Finalizing Your Poster | |
| **Instructions** | **Screenshot** |
| 1. **Review**   Check for any spelling or grammatical errors.  Make sure all key points are included and visible. |  |
| 1. **Save and Share**  * Click on the "Share" button at the top right corner of Canva. * Select "Download" from the options. * Choose your preferred file type (e.g., PNG, PDF) and click "Download" to save the poster to your device. |  |