

Digital Learning Environment Audit

Evaluate and optimize your child's digital workspace for focus and safety

Screen Ergonomics

- Monitor at arm's length from eyes (18–24 inches)
- Top of screen at or slightly below eye level
- Screen brightness matches room lighting (not too bright or dim)
- Text size large enough to read without leaning forward
- 20–20–20 rule posted: every 20 min, look 20 feet away for 20 seconds

Distraction Blocking

- Non-educational apps removed or blocked during study hours
- Notifications disabled on all devices during study
- Browser extensions installed to block distracting sites (Cold Turkey, Freedom)
- YouTube restricted or replaced with ad-free alternative for educational content
- Gaming devices stored in a separate room during study time

Health & Safety

- Blue light filter enabled after 6 PM (Night Shift, f.lux)
- Break timer set for every 25–30 minutes
- Parental controls active and age-appropriate
- Screen time limits set and enforced
- No screens in bedroom after designated time

CATEGORY	RECOMMENDED TOOLS	AGES	NOTES
Math Practice	Khan Academy, IXL, Beast Academy	5+	Khan is free; Beast Academy best for gifted kids
Reading	Epic!, Libby, Bookshare	4+	Libby = free library ebooks; Bookshare for dyslexia
Writing	Google Docs, Grammarly (teen), WriteReader	6+	WriteReader for early writers; Grammarly for 12+

CATEGORY	RECOMMENDED TOOLS	AGES	NOTES
Coding	Scratch, Code.org, Codecademy	5+	Scratch for visual learners; Codecademy for 10+
Science	PhET Simulations, Mystery Science, CK-12	6+	PhET is free interactive science simulations
Focus / Timer	Forest App, Brain.fm, Toggl	8+	Forest gamifies phone-free time

IMPORTANT

Educational screen time is still screen time. Even high-quality digital learning should be balanced with hands-on activities, physical movement, and social interaction. Aim for no more than 50% of study time on screens.