

**DIRECTIONS:**

Observe someone (any age range) doing something online for ten minutes (if you live alone observe yourself).

- How often do they interact with the digital content?
 - clicking
 - typing
 - moving their mouse
 - talking back to the screen
 - etc.
- How often do they interact with the physical environment?
 - looking away
 - talking to someone else
 - getting distracted
 - moving their body
 - etc
- Are they reacting to what is happening with facial expressions?
- Are they enjoying themselves?