

**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?