



What does 20-20-20 Look like?

The 20-20-20 rule states that Every 20 MINUTES of close-up work or screen time, pick a point that is 20 FEET away to look at for 20 SECONDS.

To help understand this concept try these:

20 MINUTES:

Discuss how long 20 minutes is. What else is in their lives is close to 20 minutes long? (lunch time at school, favorite show, etc.)

20 FEET:

Measure 20 feet in your space. Mark it off with tape or people standing in place.

Have students then estimate what else in the room is about 20 feet away and then check their answers.

20 SECONDS:

What does 20 seconds feel like? Try this:

Have your students stand in a line facing you.

Instruct them to step forward (or raise a hand or sit down or some other motion) when 20 seconds have passed.

Start a timer that only you can see.

Repeat a few times so they can get a good feel for this short break period.