



A Better Day Without Too Much Phone Gaming

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Adam loves his phone more than anything else in the world. He sits on his bed all day, tapping and swiping while the bright sun shines outside his window.



Because he plays games for many hours, Adam's eyes are always red and tired. He feels grumpy and forgets to eat his breakfast or tidy up his messy room.



Through the window, Adam sees his friends laughing and playing tag in the green grass. He wants to join them, but he feels too weak and sleepy to even stand up.



One morning, Adam looks in the mirror and sees a very sad face staring back. He decides right then that he wants to feel strong, energetic, and happy again.



Adam sets a timer on his phone for only one hour a day. When the timer dings, he bravely clicks the power button and puts the phone away in a dark drawer.



With his new free time, Adam picks up a big, colorful book about stars and planets. He discovers that the pictures in his mind are even more exciting than the games on his screen.



Adam runs to the park and kicks a bright football with his best friends. The fresh air fills his lungs, and his legs feel fast and powerful as he scores a great goal.



At home, Adam helps his mom and dad prepare a delicious and healthy dinner. They talk and laugh together, and Adam realizes how much he missed spending time with his family.



That night, Adam falls asleep as soon as his head hits the soft pillow. He has sweet dreams and wakes up the next morning feeling full of sunshine and energy.



Title: A Better Day Without Too Much Phone Gaming. Characters: Adam, his family, and his friends. Setting: Adam's home and the local park. Problem: Adam was addicted to phone games and felt tired and unhappy. Solution: He limited his screen time to one hour and started exercising and reading. Moral Lesson: Balance is the key to a happy and healthy life.