

Riko and His Smartphone

Finding the Perfect Balance



Riko and His Smartphone: Finding the
Perfect Balance

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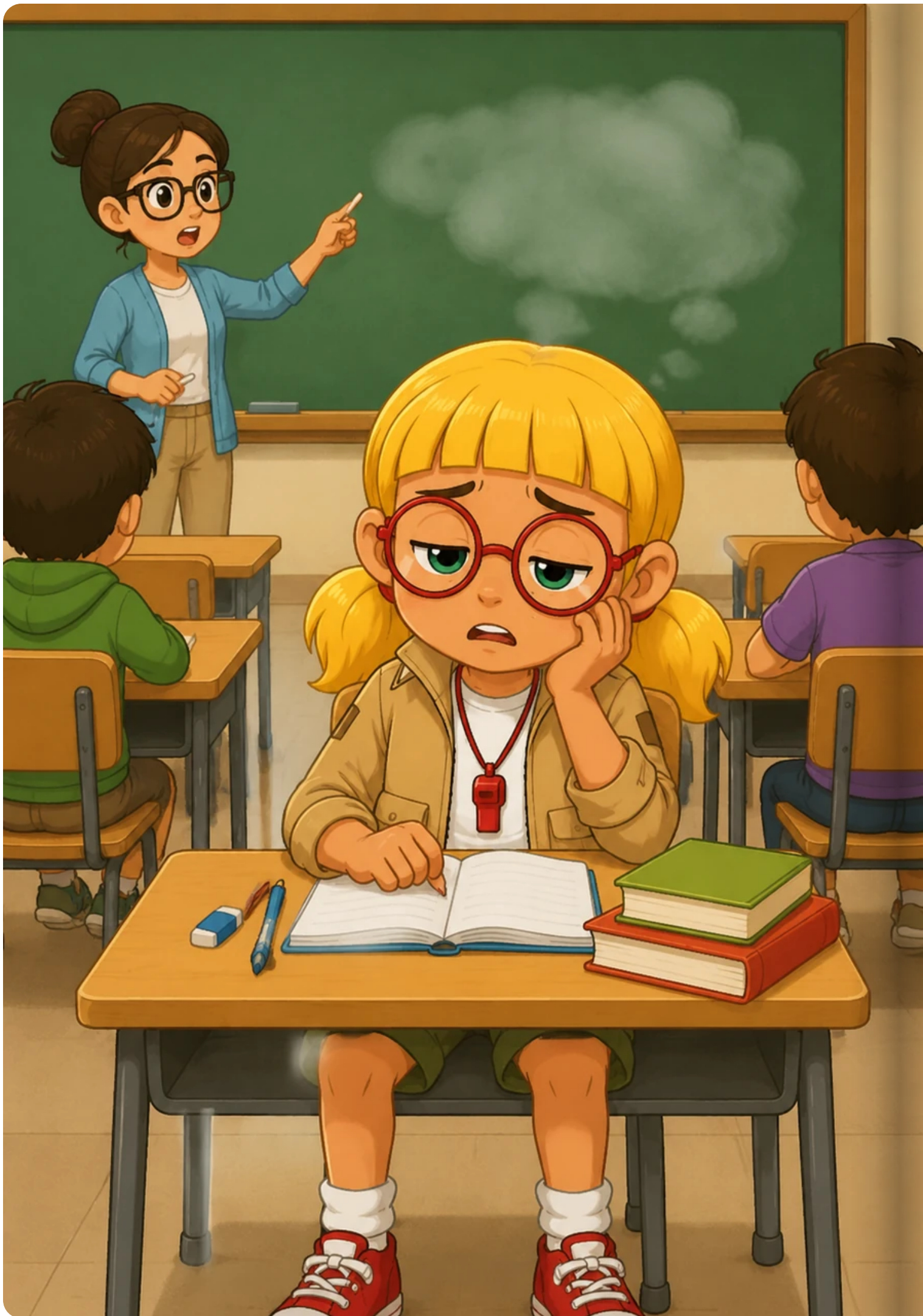
A bright and colorful book cover titled Riko and His Smartphone. A cheerful boy named Riko sits on a cozy beanbag chair, holding a glowing smartphone with a big smile, surrounded by vibrant colors and playful patterns.



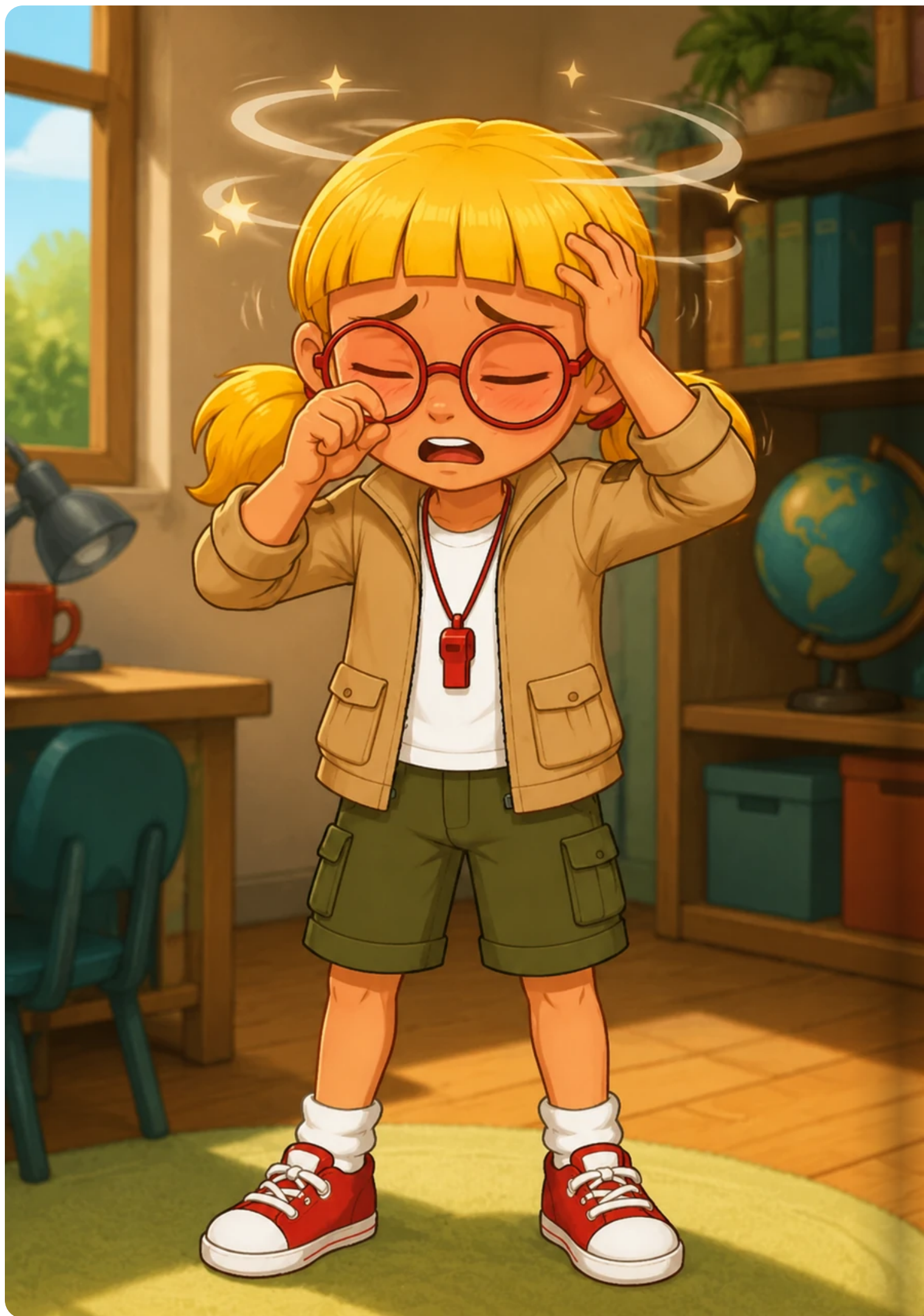
Riko is a smart and curious boy who lives in a sunny neighborhood. He loves his smartphone more than anything else, spending every spare moment exploring apps and playing exciting digital games.



From the moment the sun rises until the stars fill the sky, Riko is glued to his screen. He plays games during breakfast, checks videos in the afternoon, and even hides under his blankets to use his phone late at night.



One morning at school, Riko feels very tired and sluggish. He tries to listen to his teacher, but his brain feels foggy, and he finds it impossible to focus on the math problems on the chalkboard.



Riko rubs his sore, red eyes and holds his head because it starts to ache. He realizes that his eyes hurt and he feels dizzy, making him feel very different from his usual energetic self.



Did you know that using smartphones too much can affect our bodies? Research shows that excessive screen time can hurt our eyes, make us feel very sleepy, and reduce our ability to concentrate on important tasks.



Riko decides it is time to make a big change so he can feel better again. He creates a plan to use his phone only after his homework is finished and promises to put it away long before bedtime.



Instead of staring at a screen, Riko goes outside to run and play soccer with his friends in the fresh air. He starts going to bed early, allowing his body and mind to get the deep rest they need.



Now, Riko feels much happier, healthier, and full of energy every single day. He still enjoys his smartphone, but he uses it wisely and for a short time, keeping his life perfectly balanced and fun.



Using smartphones wisely keeps our body and mind healthy and strong. This story uses a factual approach to show how making smart choices about technology helps us grow into our best selves.