



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

DIGITAL CITIZENSHIP | GRADE 2

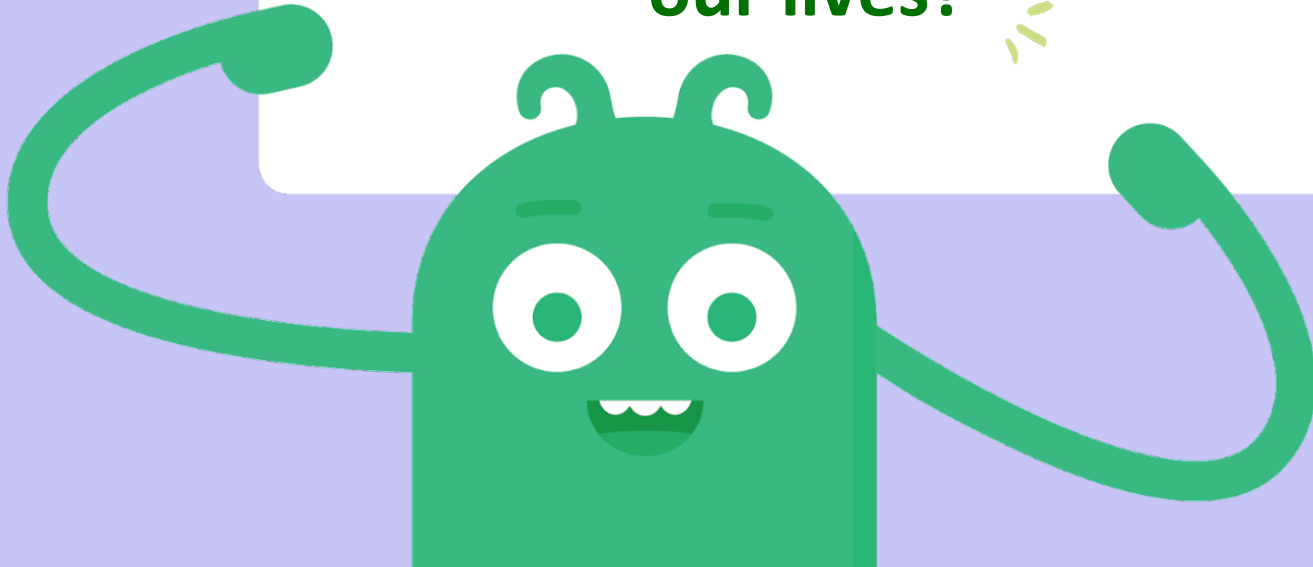
# Device-Free Moments

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 **common sense** education®



**Why is it important  
to have device-free moments in  
our lives?**





WARM UP



Why is it not OK for people to  
text and drive at the same time?



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WATCH



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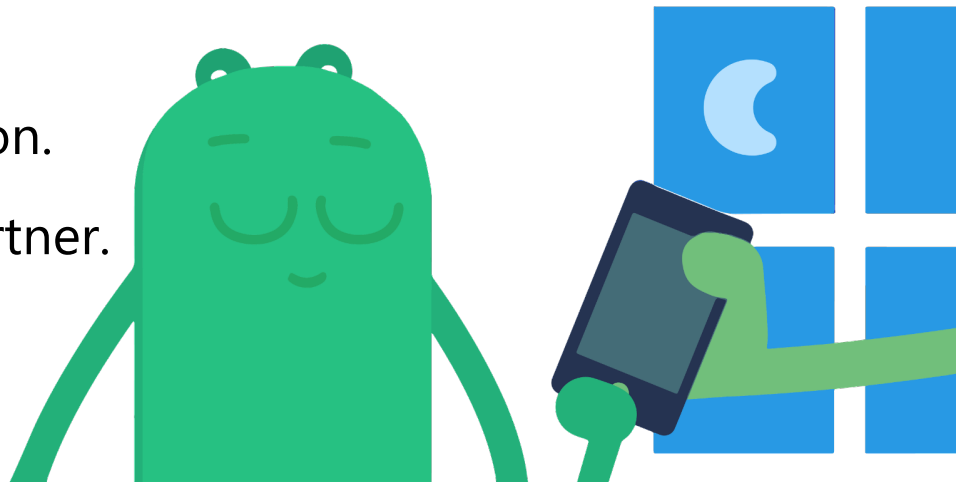
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## Are there times when it would be better not to use devices?

Directions:

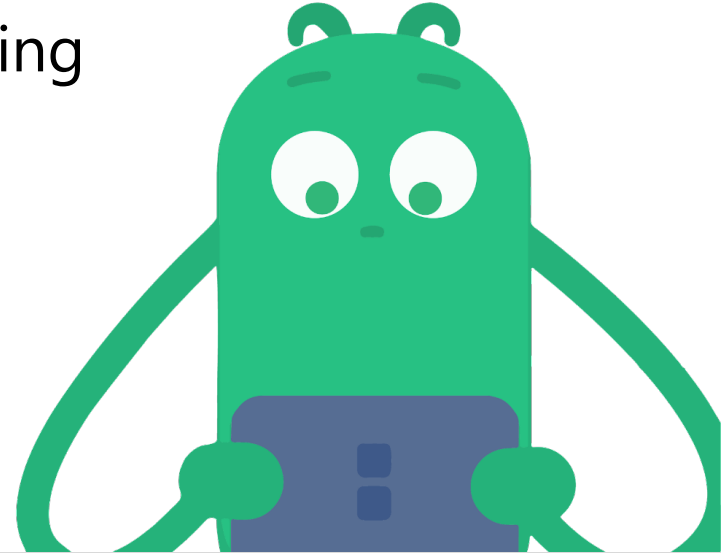
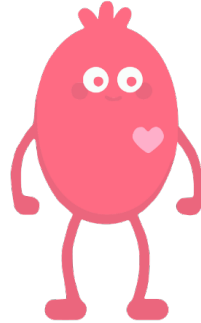
1. Think quietly about the question.
2. Share your response with a partner.





# Distraction

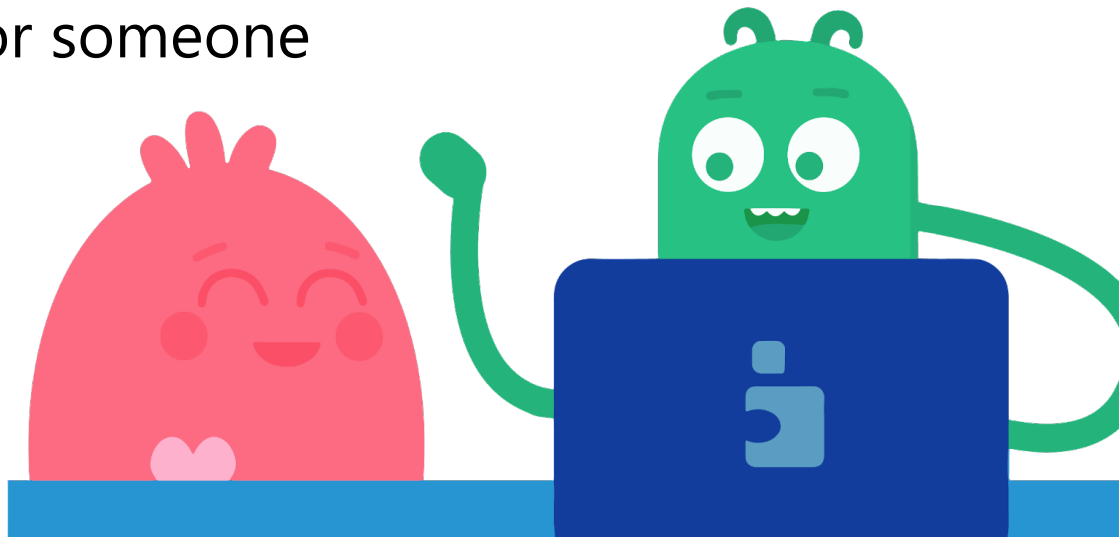
something that keeps you from giving your full attention





# Attention

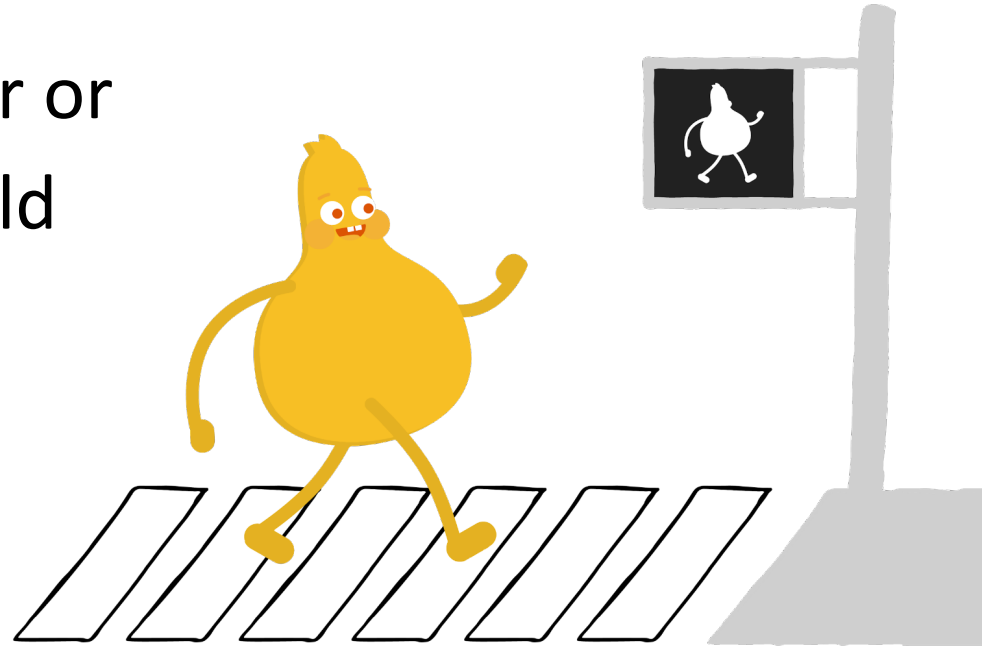
noticing something or someone  
as important





# Safety

There are times when your or someone else's safety could be at risk.

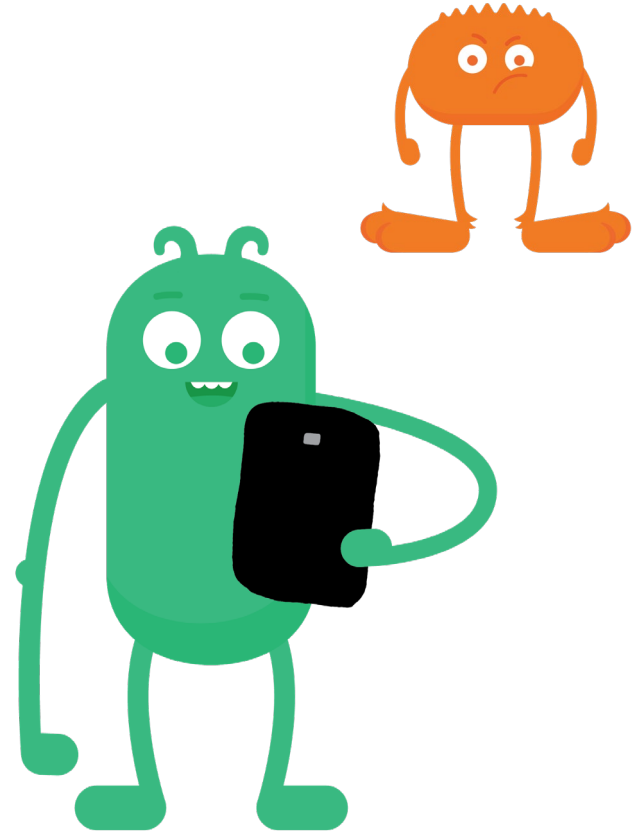






# Respect

There are times when it hurts other people's feelings if you are distracted and not paying attention to them.





# Concentration

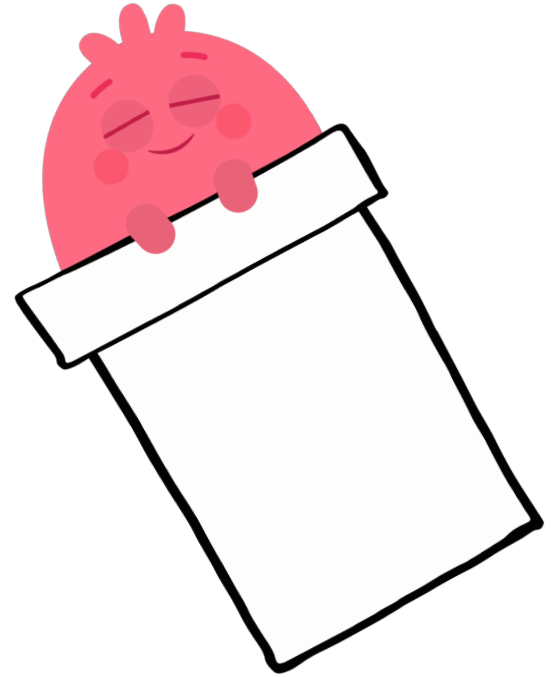
There are times when you should give your full attention to a specific activity.





# Sleep

There are quiet times,  
like when we are going to sleep,  
when devices should be put away.





## ACTIVITY

### Device-free rules to stay SAFE

- List ideas

### Device-free rules to show RESPECT

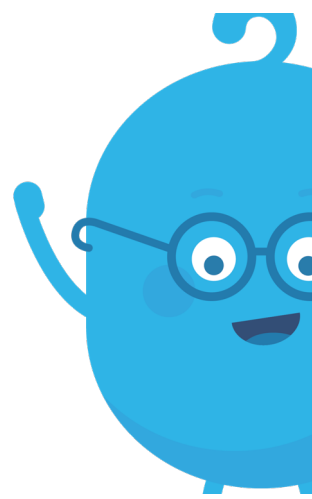
- List ideas

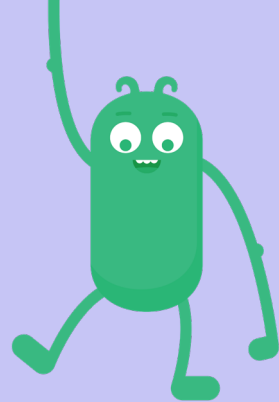
### Device-free rules so we can CONCENTRATE

- List ideas

### Device-free rules to get good SLEEP

- List ideas





# Pause & Think Moment

## Draw.

What advice would you give a grown up to not be distracted by devices?



and

## Write.

Explain the advice you would give and why.



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