



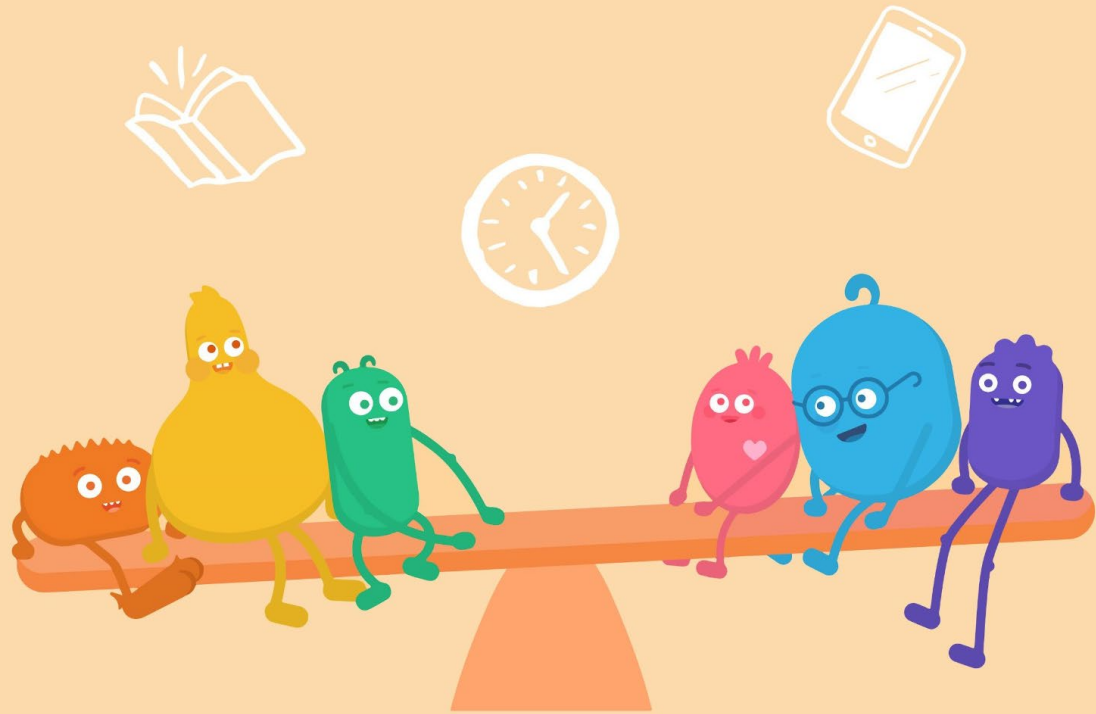
INTRODUCTORY SONG

DIGITAL CITIZENSHIP | GRADE K

# Media Balance Is Important

---

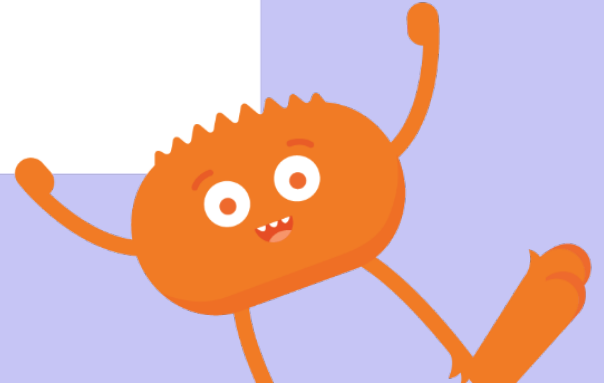
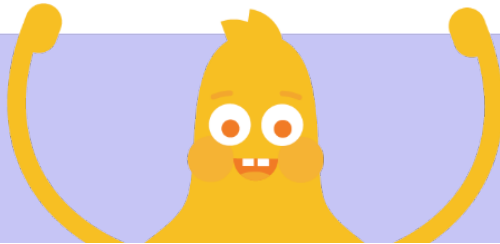
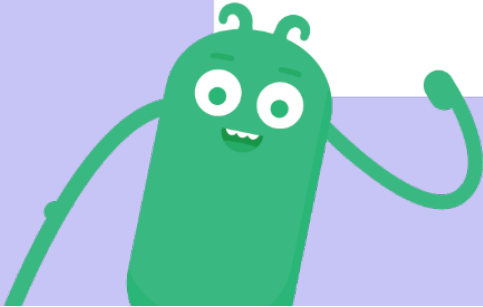
 **common sense** education®



# MEDIA BALANCE



**How do we find a  
happy balance between  
our online and offline  
activities?**





REFLECT

Have you ever had the feeling  
that you've spent too much time using  
a device like a tablet or phone?



[commonsense.org/education](https://commonsense.org/education)

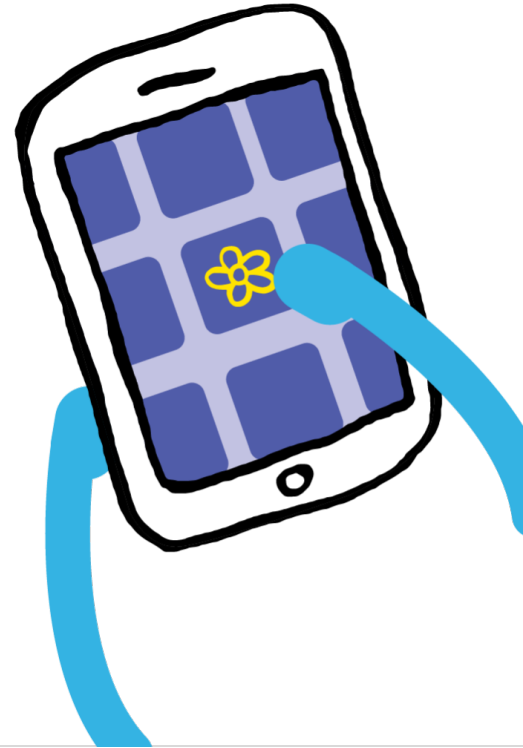
Shareable with attribution for noncommercial use. Remixing is permitted.

 **common sense** education®



# Device

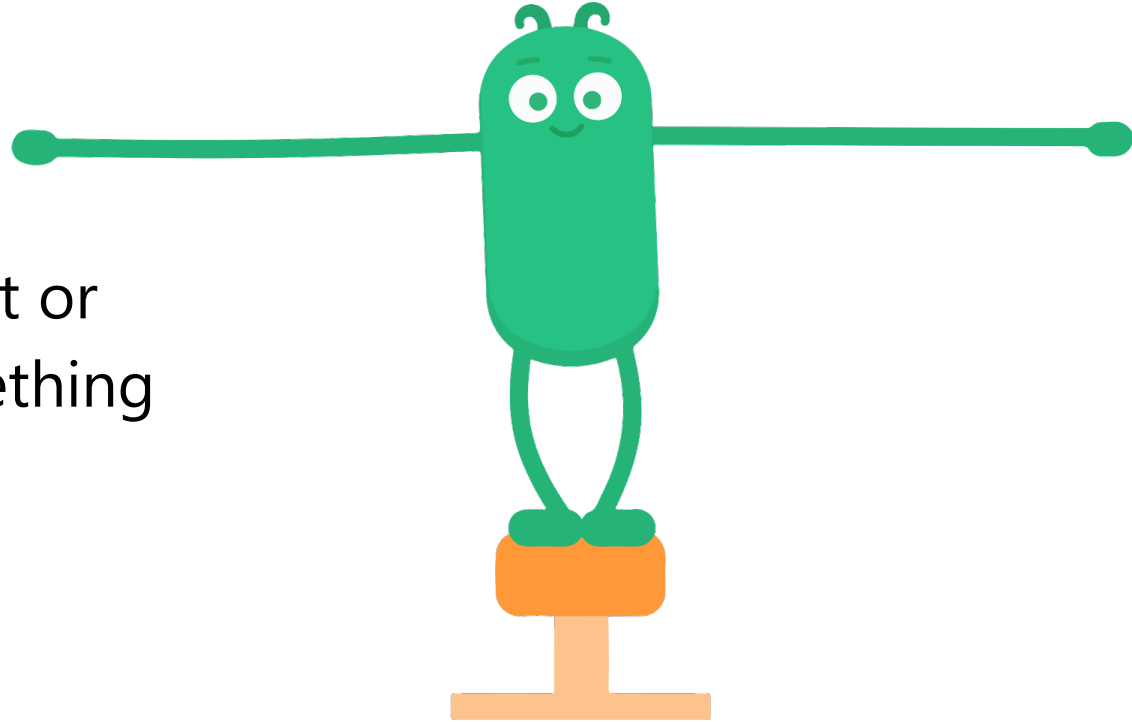
An electronic piece of equipment like a phone, tablet, or laptop





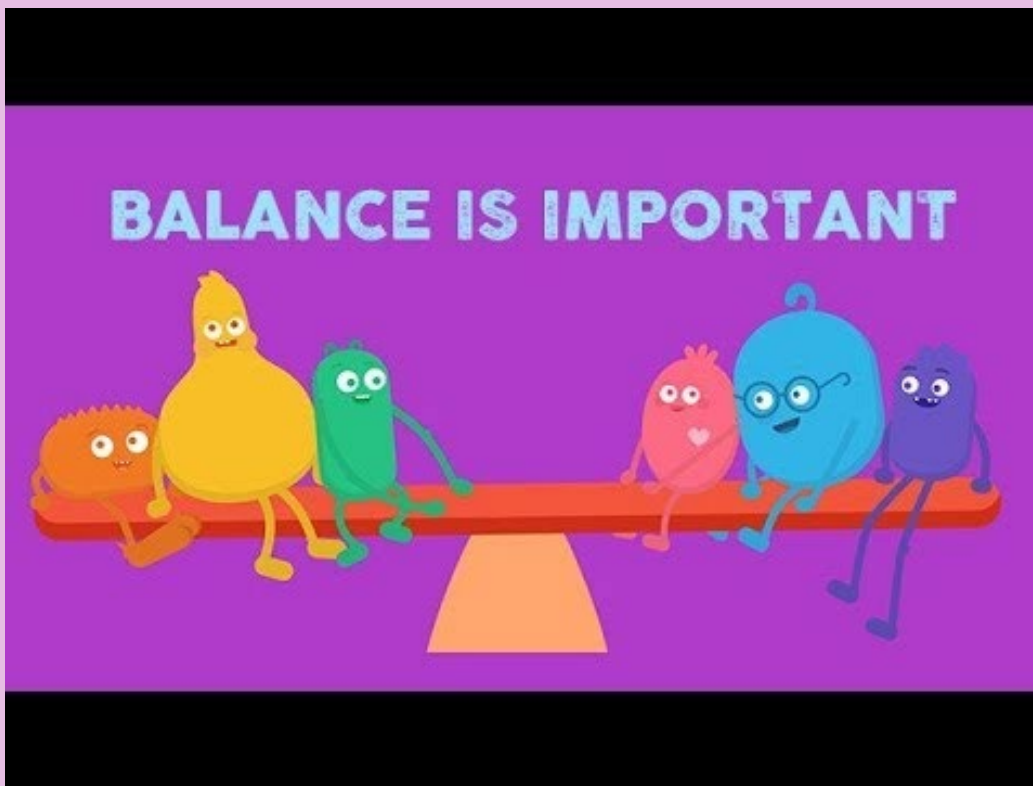
# Balance

Having equal weight or importance of something





WATCH



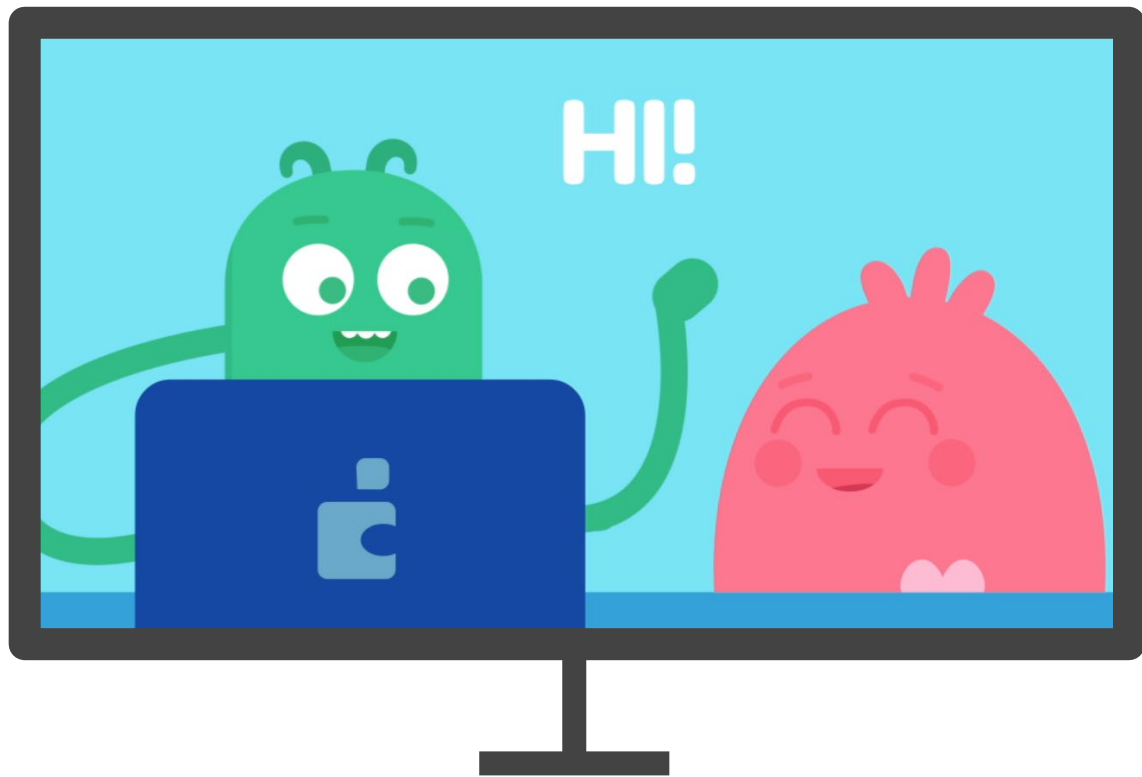
To watch this video on the Common Sense Education site, click [here](#).



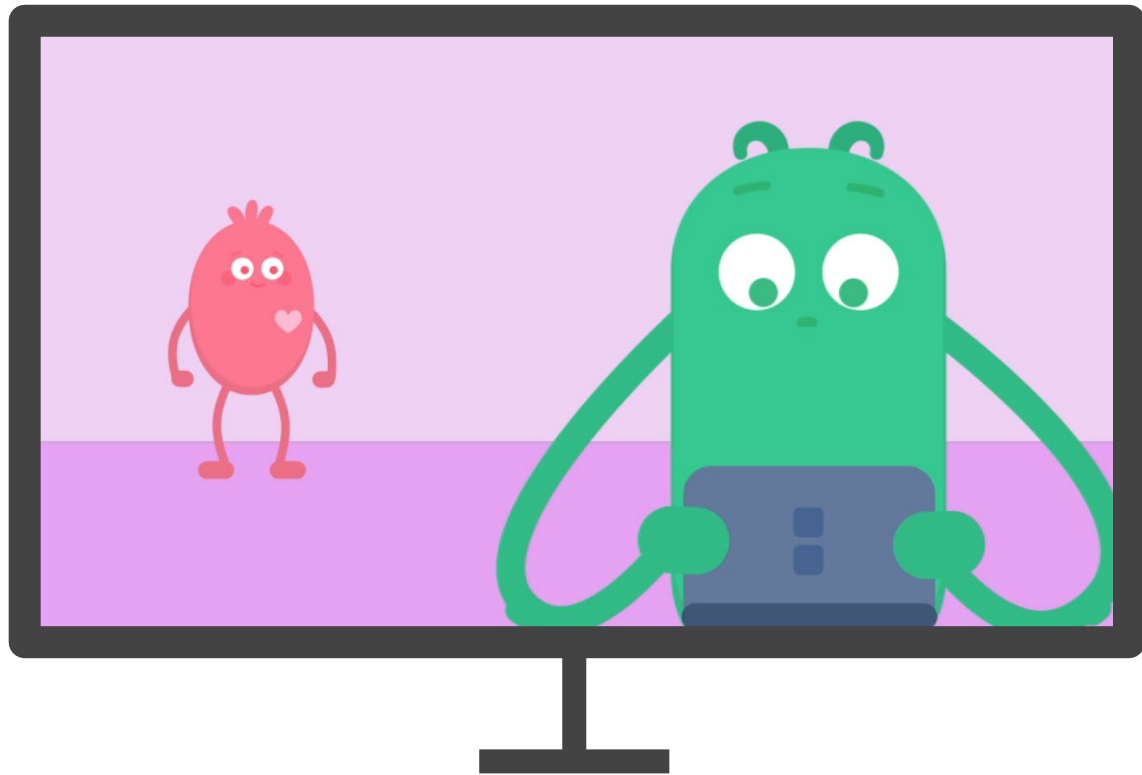
[commonsense.org/education](https://commonsense.org/education)

Shareable with attribution for noncommercial use. Remixing is permitted.

Why should you take a break from your device when a friend says "hi"?

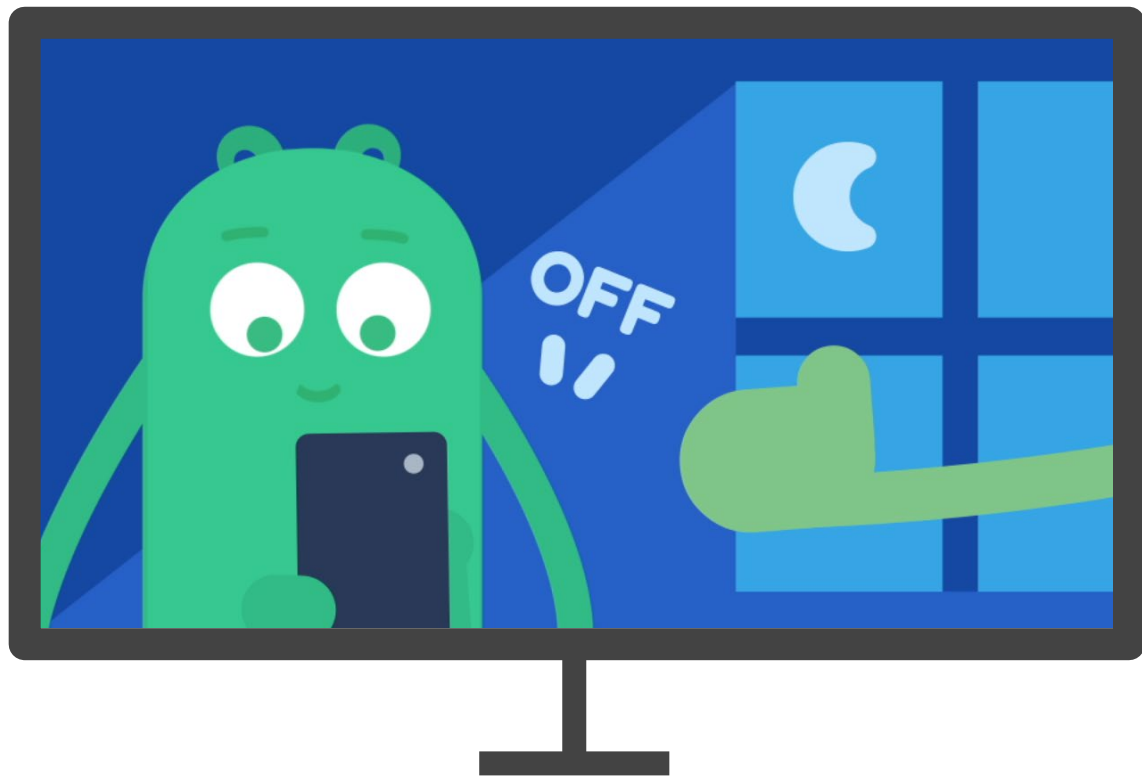


Why should you  
invite your friend  
to play when  
they are all  
alone?



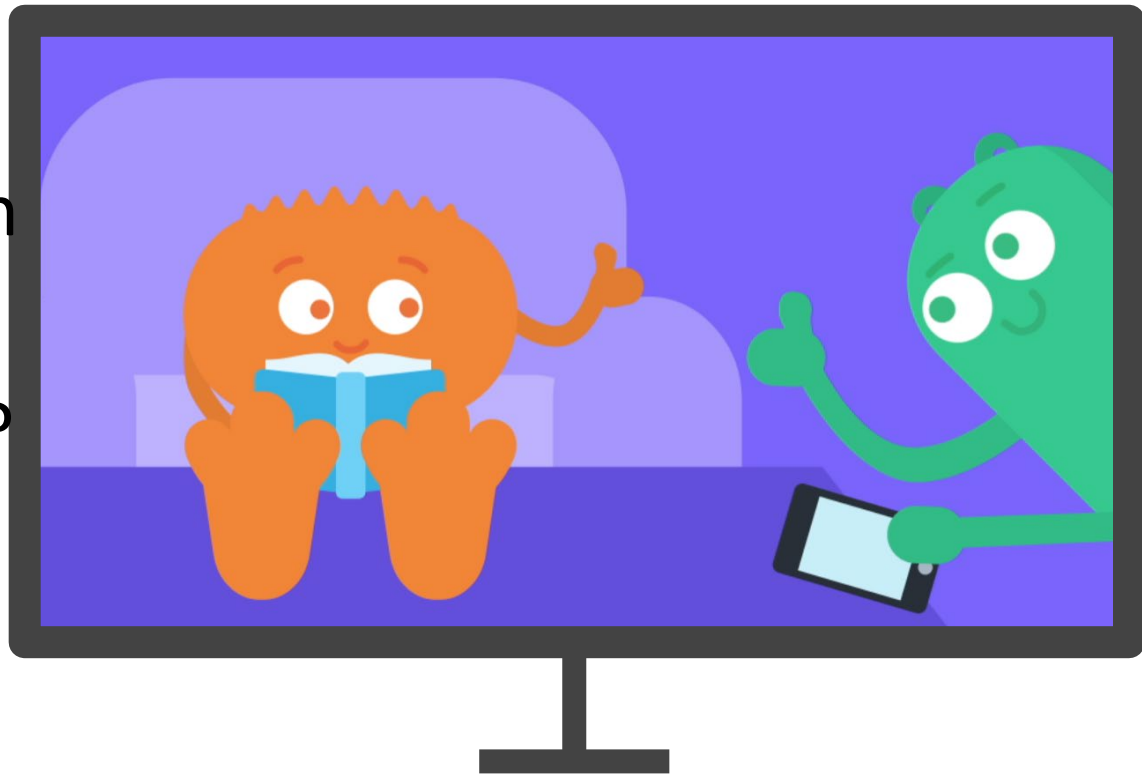


Why is it a  
good idea to turn  
off your device  
before going to  
bed?

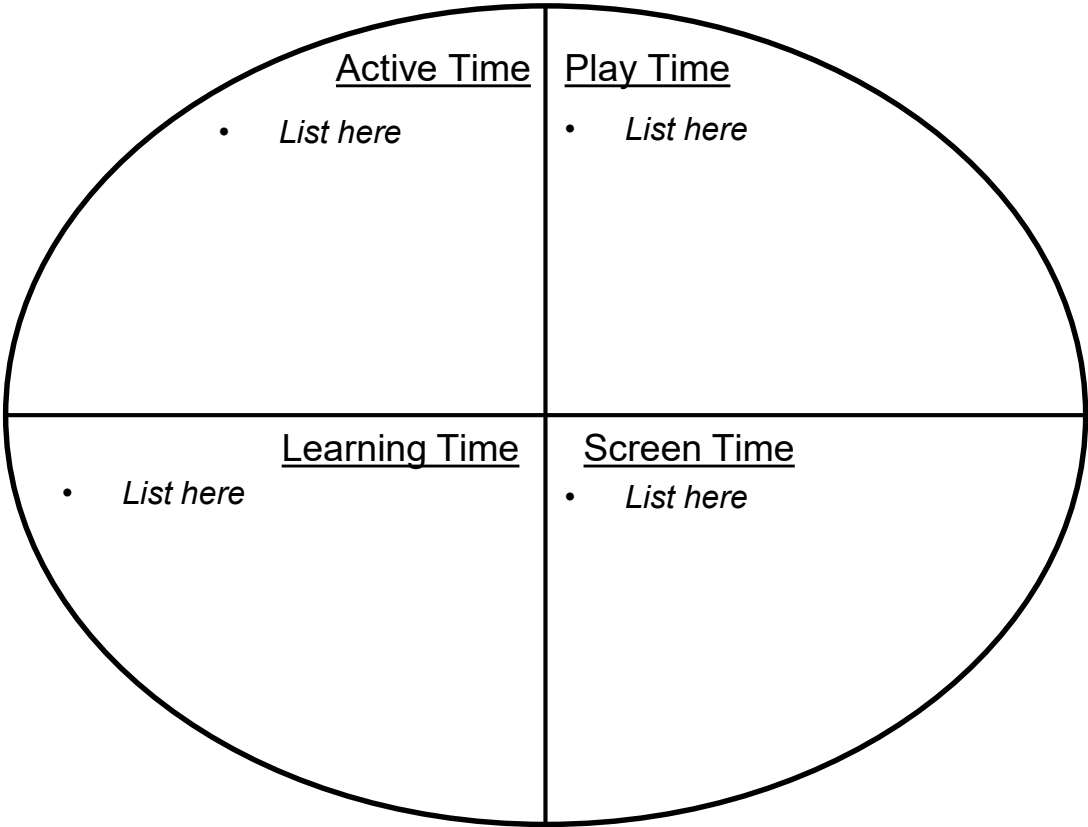


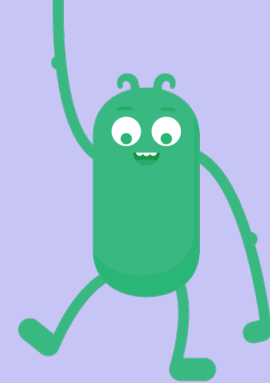


Why should  
you ask permission  
before taking  
someone's phone?



# Finding Balance





# Pause & Think Moment

**Draw** a picture of what media balance looks like in your life.

and

**Write** about a time when you like to put your technology away!

