MEDIA BALANCE & WELL-BEING

We find balance in our digital lives.

DIGITAL CITIZENSHIP | GRADE 5

Finding Media Balance

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RESPONSIBLE

BALANCE

Essential Question

What does media balance mean for me?

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Learning Objectives

1 Reflect on how balanced you are in your daily lives.

2 Consider what "media balance" means and how it applies to you.

3 Understand the concept of "screen free times and zones" and how they can contribute to achieving "media balance"

Directions

If you could plan your perfect day —where you would do anything you wanted —what would it include? Write a short reflection on your handout describing what you would do. Include as much detail as you can.

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Now imagine that your perfect day will be granted for seven straight days. Would you change anything in your perfect day? If so, what?

Directions:

1. Take a moment to think silently about these questions.

2. Then, take turns sharing your response with your partner.

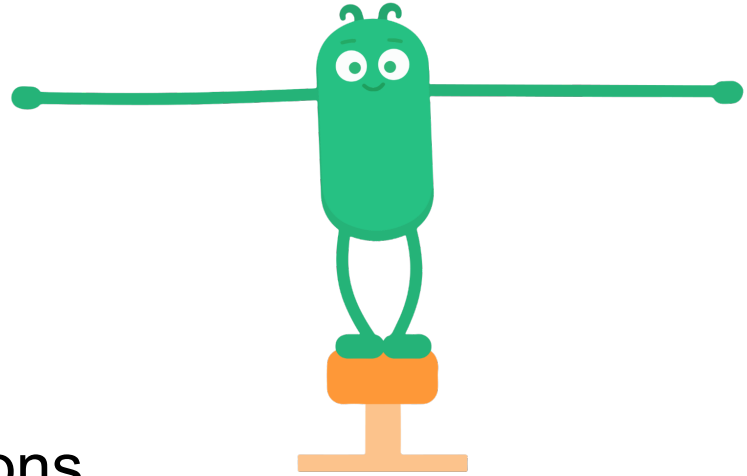common sense education®

What do you think of when you see these images? What do they show?
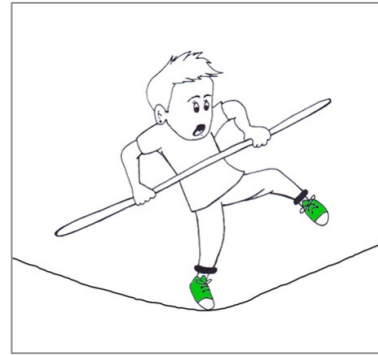
Directions:

Take a moment to think silently about the question. Then, take turns sharing your response with your partner.

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Balance

All of the parts are in the correct —though not necessarily equal—proportions

To watch this video on the Common Sense Education site, click here.

Discuss:

● According to the video, what is media balance?

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What makes a healthy media choice?

What?

What are the media you're consuming (or creating)?

What platforms are you using to consume the media (i.e., a streaming platform like Netflix)?

or …

What device(s) are you using to consume (or create) the media?

When?

When are you consuming (or creating) the media?

What time of day? What day of the week?

What else is happening at this time (i.e., is it during dinnertime, right before bed, etc.)?

How much?

How much media are you consuming?

How long are you spending with the media at one time?

How often are you consuming the media?

Media
Balance

Using media in a way that feels healthy and in balance with other life activities (family, friends, school, sleep, hobbies, etc.)

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Possible "screen free times and zones"

- [capture student responses here]

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Why Screen-Free Times & Zones?

- Break from social media
- Connect with and strengthen relationships with friends and family
- Get better sleep at night (feel more rested the next day)
- More physical activity (replace screen time with it)

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