



INTRODUCTION - K / GR 1

INTRODUCTION

We use digital media every day, from texting, streaming TV shows and gaming all the way to using voice assistants or ordering our food online. For today's kids, it's a lot more than just "screen time". So how can we help students balance their online and offline lives? It starts with recognizing how much media we use. In this lesson students will learn about media balance and will reflect on what media balance looks like in their lives.

LEARNING OUTCOMES

- Know when and why to take breaks from device time
- Consider the feelings of people around them, even when engaged in fun online activities
- Consider how they can have more balance in their digital lives

MATERIALS NEEDED

Classroom Resources

- Lesson slides
- Handout: Pause & Think Moment
- Video: [Balance Is Important](#)

Take Home Resources

- Family Digital Media Check Up and Family Media Plan Handout

SAMPLE EMAIL HOME

Copy and paste this into the body of an email, attach the Family Digital Media Check Up/ Family Media Plan document or print it off and send home with students. Encourage families to complete the Family Media Plan by asking students to bring completed forms back to school.

Hello!

Our school/class is participating in Project Reset: Finding Digital Balance, a digital literacy and well-being program led by a committee with representatives from health promotion, mental health, speech language and education. Today we did an activity about finding balance in our digital lives. We talked about what screen-time balance means and different ways we can find balance in our digital lives. One way to help us find balance between on-screen and off-screen activities is to make a family media plan. In order to complete the family media plan it can be helpful to first do a digital media balance checkup on your family. Go through the attached conversation starters and checklist together to see if your media use is balanced, then you can use the family media plan to make some changes if needed. The family media plan is a very basic worksheet that you can talk about and complete together as a family. The worksheet focuses on two simple components; screen free times and screen free zones. Other examples of family media plans with more options or ideas can be found at:

·[Common Sense media family plan](#)

·[Media smarts media plan](#)

·[American academy of pediatrics \(healthychildren.org\) media plan](#)



LESSON PLAN - K / GR 1

WARM-UP

10 MINUTES

Ask: *Have you ever had the feeling that you've spent too much time using a device like a tablet? What were you doing?*

Invite students to share out. Answers will vary, but emphasize that sometimes what we're doing online is so fun that it's easy to lose track for time.

Say: *When we're using devices (ie: phone, tablet, laptop etc), it's important to follow certain rules to make sure we're making healthy and responsible choices. Today we're going to listen to a song called "Balance is Important". This song is about some good times to put our tech away even when we don't want to. In this song, you're going to hear the word "balance" a lot. **Ask:** What does it mean to be in balance?*

Invite students to share out and define **balance** as having equal weight or importance of something. In this case, that means keeping online and offline activities equal or in the "right" amount for you

Watch: Media Balance is Important [video](#)

EXPLORE: KEEP YOUR BALANCE

10 MINUTES

Say: *The Digital Citizens showed us the ways they keep their tech use in balance. Now we're going to take a closer look at a few of the scenes from the song.*

Invite students to pair share or share out as a whole group discussion.

Ask the following questions:

- **Why should you take a break from your device when a friend says "hi"? (slide 7)**
 - It's important to always pause what you're doing on a device to acknowledge the people around you. The people in real life might want to tell you something important, ask a question or want to play with you.
- **Why should you invite your friend to play when they are all alone? (slide 8)**
 - just like in real life, it's important not to exclude anyone. If your playing a game or doing something on a device, make sure that you're not ignoring anyone, especially if that person wants to join in the fun too!
- **Why is it a good idea to turn off your device before going to bed? (slide 9)**
 - Doctors say that it is best to sleep with devices off so that we don't get distracted while we are sleeping. It's a good idea to charge devices away from where your sleep
- **Why should you ask permission before taking someone's phone? (slide 10)**
 - A phone or tablet is someone's personal property. Just like you ask permission before using a friend's toy, you should ask permission before grabbing someone's phone - including your parents' phone! Remember that a lot of grown-ups use their phone for work and have important information saved in them. Treat their devices with respect.

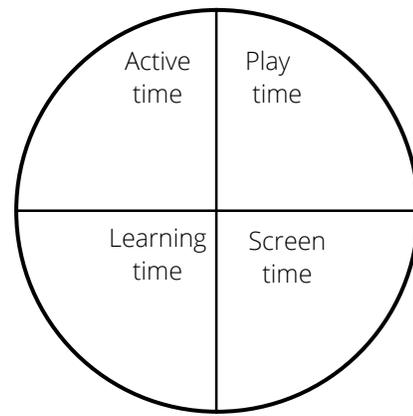
Continue to "**Reflect: Pause & Think Moment** (draw and write handout)" or complete the optional add in activity "**Finding Balance**" next

OPTIONAL ADD IN ACTIVITY: FINDING BALANCE

10 MINUTES

Say: *There are different ways we can balance our time and activities.*

Draw a big circle on the board and divide it into quarters (or use slide 11)



Say (as you write in the headings of each section): *you can think of splitting your time into different activities such as: **Active Time** which involves moving such as sports and exercise; **Play time** which involves less active types of play and socializing such as board games, hanging out/talking with friends; **Screen time** is time spent watching screens such as TV, video games, computers, tablets, smart phones; and **Learning time** is about learning new things such as music lessons or reading.*

Invite students to share out some examples of activities for each type of time and reflect their responses by writing in the appropriate section of the circle (or slide if using)

Explain to students that it's important to include activities from each section most days or weeks so they can find balance in their digital lives

Continue on to "Reflect: Pause and Think Moment" (Draw & Write Handout) below

REFLECT: PAUSE & THINK MOMENT

10 MINUTES

Say: *Today we watched the Digital Citizens show us how they keep their online and offline activities in balance. Now I'd like you to think about what media balance means for you.*

Distribute the **Pause and Think Moment Student Handout** and have students complete the draw and write activity independently.

Invite students to share their reflections with the class if time permits.

Send home the **Family Media Plan** handout.

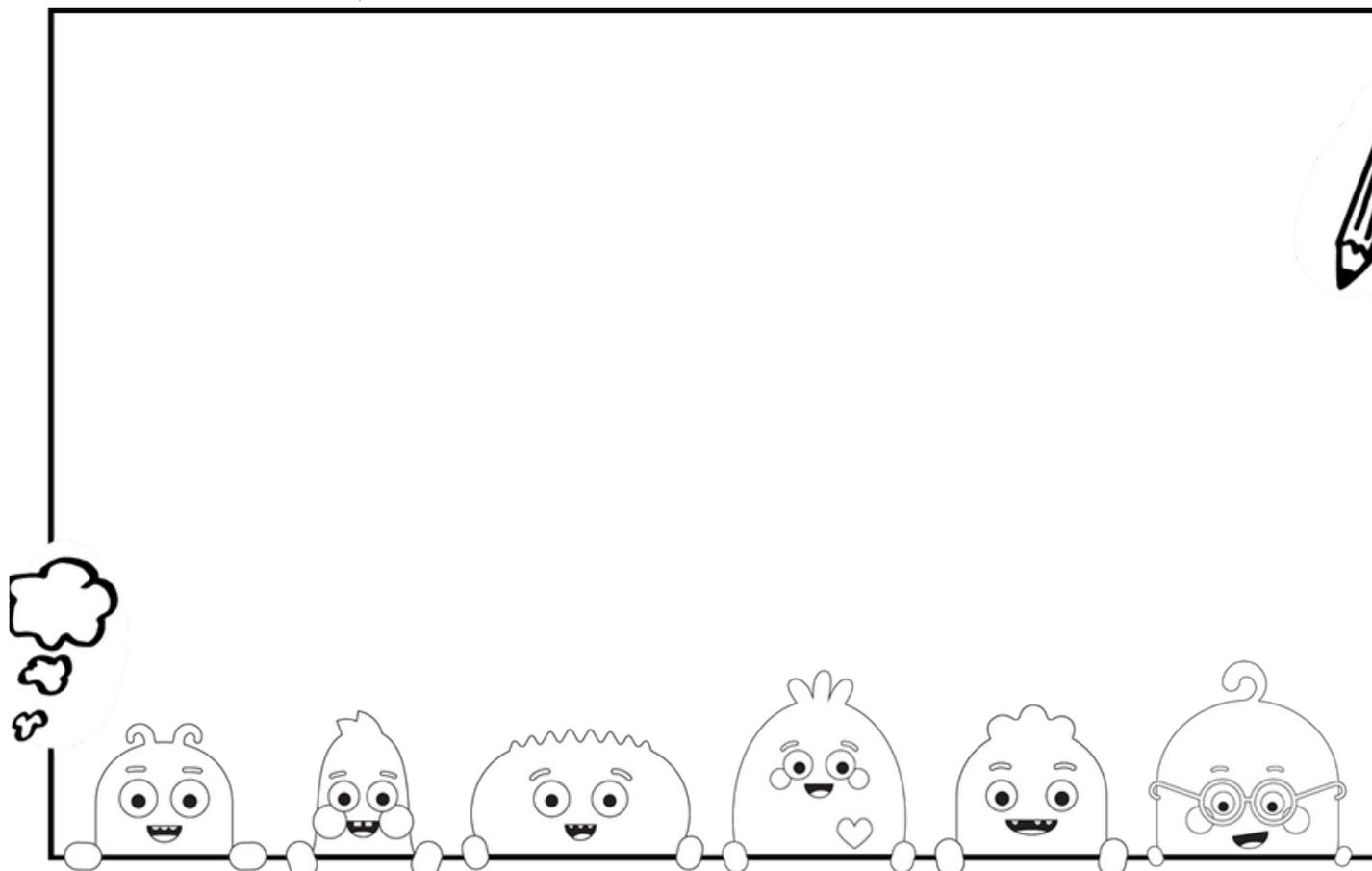


Adapted from Common Sense Media
commonsense.org/education

PAUSE & THINK MOMENT - DRAW & WRITE

Name: _____

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



Write a word or sentence to explain your picture
