

Category: Well-being
Level: Elementary (K-4)
Area of Focus: Developing Balanced and Authentic Relationships
Materials Needed: Links below

Big Idea (What should students remember after the lesson?):

- Defining what are true relationships from social networks.

Mini-Lesson/Content:

- https://www.commonsense.org/education/digital-citizenship/lesson/media-balance-is-important

[Common Sense lessons require a login to access it. The account is free, you can use your Google Suite account or create your own free account.]

Further Resources/Extending:

- https://www.commonsensemedia.org/videos/devicefreedinner-attention-funny-or-die