

Category: Well-being
Level: Elementary (K-4)
Area of Focus: Ways to Unplug: Tips to Stay Balanced

Big Ideas:

- Providing students with strategies to regulate their online time

Essential Questions

- How can I be present with others around me?
- What are some healthy actions I can take when using devices?
- How can I monitor and regulate my time on devices?

Elementary Classroom Learning Activity:
Intro
This month, we are going to be talking about being a good Digital Citizen and how to make good choices with your devices and games. Let's watch this introduction.

Watch - Super Digital Citizen -
https://www.commonsense.org/education/videos/super-digital-citizen

Class Discussion

- What is a good digital citizen? Someone focuses on these things:
    - Wellbeing - Being personally healthy
    - Citizenship - Being legal and ethical online
    - Etiquette - Having positive social interactions
    - Safety - Staying safe online
- Today, let's talk about Wellness and being healthy.
    - How much time is too much time when playing games or watching shows?
    - How can you keep track of the time that you spend on a game or watching TV?
    - When you are using a computer or watching something, and someone wants to talk with you, what's the best thing to do? Should you try to keep playing while the person talks with you?

Activities

- Create an Anchor Chart of “What is a good digital citizen?”
    - Students create a Word Cloud or Pic Collage of what is most purposeful to them.
    - Set your iPad Lock Screen or Home Screen with their digital citizenship creation!
    - Post your digital citizenship lessons on Twitter using #HCSDTechWell
- Setup Night Shift can help you reduce eye strain
    - To turn it on, go to Settings > Display & Brightness > Night Shift
- Setup Screen Time on your iPad
    - Go to Settings > Screen Time
    - You can see the total time you have been on this device today or past 7 days using the tabs at the top.
    - Clicking on the total number of minutes will give you a breakdown of which apps you have used the most.
- Have students create a PSA on Digital Wellness: Balance is Best! Involve your Tech Teacher to choose the most purposeful video to have other students watch.

Extend

Here is a great elementary student poster on Digital Wellness that could be used to further discuss ways we can stay healthy online.

Further Resources

- K-1
    - https://www.commonsense.org/education/digital-citizenship/lesson/media-balance-is-important
- 2-4
    - https://www.commonsense.org/education/digital-citizenship/lesson/device-free-moments