

"The Internet Starts with I"
Lesson Plan | Elementary School

I Take Care of Myself

Lesson Goal:

I know about the different types of screen time and how to use my technology to learn and be more creative.

Estimated Time:

20-25 Minutes

Materials and Resources:

Teacher should review the [ConnectSafely Parent's Guide to Tech for Tots](https://bit.ly/35OIHf9) (https://bit.ly/35OIHf9), which includes research-backed recommendations for helping children ages 0 through 10 how to use technology in healthy and safer ways.

Activity Procedure:

1. Introduce the lesson by asking and saying, "Sometimes screens -- like TVs, tablets, and smartphones -- can be helpers and sometimes they can be distractors. Can you think of examples of times when a screen is a helper for you? What about examples of a screen being a distractor?"

- Examples of "helper" might include:
 - Video games to play with a sibling or friend
 - Practicing math or reading with programs a teacher assigns
 - Learning something new by watching a short video
- Examples of "distractor" might include:
 - When watching a video and another video starts automatically that I didn't mean to watch.
 - Watching shows that show people using rude words or behaviors.

2. Define active and passive screen time for students from the **Types of Screen Time** section of ConnectSafely Parent's Guide to Tech for Tots. Ask students the following questions:

- Let's look at our list of examples of helper and distractor screen uses from before. Which examples are "active" and which examples are "passive"?
- Which type of screen time do you think is preferred and is better for us? (Emphasize that active screen time enables users to be more creative, to move physically, to cooperate and interact with others, or to learn something new.) Ask students to draw and label each type of screen time using a table like the one below. Encourage them to use the entire space, include lots of color, and label their image to help others understand it better.

3. Ask students to draw and label each type of screen time using a table like the one below. Encourage them to use the entire space, include lots of color, and label their image to help others understand it better.

<p>_____ is an example of active of active screen time because _____</p>	<p>_____ is an example of active of active screen time because _____</p>

4. Encourage students to bring home their products and share with their parents to discuss how they can work together as a family to make their screen time more active than passive. Another option is to scan the students' work and share them with parents digitally via email or other communication platforms you normally use for school-home communication.

Extension to Parents Share what your students learned and encourage parents to reinforce these concepts at home. See saferinternetday.us/lesson-plans (<http://bit.ly/2Y84vgF>) for a suggested email template you can adapt.



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