



Look Up

Aim:

To think about the importance of spending time with other people, rather than in front of a screen.

Preparation and Materials:

Video: <https://www.youtube.com/watch?v=Z7dLU6fk9QY&t=187s> [accessed 02.07.2020].

Assembly:

Entry music: What a Wonderful World, Louis Armstrong.

1. Thanks to the Internet, we are more connected today than ever before. What are some of the different ways that the Internet helps us to connect with other people? (E.g. social media, Skype, FaceTime, email).
2. However, a recent study <https://www.bbc.co.uk/news/education-43711606> [accessed 02.07.2020] showed that 10% of young people are always or often lonely. Why do you think this is?
3. Watch the following video up to 2mins 20secs:
<https://www.youtube.com/watch?v=Z7dLU6fk9QY&t=187s>
4. How did the video make you feel? What was the message? What is the difference between connecting with people online, and spending time with people face-to-face? What are we missing out on when we are constantly glued to a screen?
5. Can you think of some tips to help us to 'look up' more often? What virtues might we need?

Reflection:

Think about the time between coming home from school and going to bed yesterday. How much time did you spend in front of a screen? Did you do any activities with other people?

Challenge:

Make a list of things that you enjoy doing which involve face-to-face contact with other people. Organise to do at least one of those things this week.