

The Character Curriculum

Flourishing for Life



<p>Y3: Screen time L1 - What is screen time?</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - Understand what 'screen time' is and the advantages and disadvantages it brings. 	<p>Key vocabulary: Screen time, benefits, dangers, physical signs, estimate Key virtues: Self-control, curiosity, motivation</p>
<p>Resources:</p> <p>PowerPoint</p> <p>Blank outline of a person (can be printed from the PowerPoint)</p> <p>Screen time table (can be printed from the PowerPoint)</p>	<p>Statutory links: Health Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> - About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. - The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. - Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. 	
<p>Key questions:</p> <p>What activities during the day involve a screen?</p> <p>What are the advantages of being connected 24/7?</p> <p>What are the dangers/disadvantages of being connected 24/7?</p> <p>What are the signs that you are spending too long in front of a screen?</p>	<p>Learning activities:</p> <p>Starter: Screens everywhere</p> <p>Write the word 'screen time' on the board. What does this mean?</p> <p>Brainstorm all the different activities/times during a day that children may be in front of a screen.</p> <p>You might want to watch the video called 'Digital Life 101' here: https://www.commonsense.org/education/digital-citizenship/lesson/finding-balance-in-a-digital-world [accessed 26.05.2020].</p> <p>Activity 1: Benefits and dangers</p> <p>Discuss the following questions:</p> <ul style="list-style-type: none"> - What are the advantages/benefits of being connected 24/7? - What virtues could it develop? How? (e.g. curiosity by having access to a wealth of information on any topic). - What are the disadvantages/dangers? 	

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Ask children to complete a table showing the benefits and dangers of screen time.

Activity 2: Warning signs

What are the signs that you are spending too long in front of a screen?

These might be physical signs e.g. head ache, sore neck, tired eyes or social signs e.g. skipping family meals, not having enough time for homework.

Ask children to annotate a picture with the signs.

What should you do when you notice any of these signs?

Plenary: Screen time log

Ask children to estimate how long each day they spend in front of a screen on an average day and ask them to record their answers. They could use the table in the PowerPoint. For homework, give children a recording sheet and ask them to record how long they spend in front of a screen over a 24 hour period.