

The Character Curriculum

Flourishing for Life



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| <p>Y3: Screen time L2 - How do I control my screen time?</p> | <p>Learning objective:</p> <ul style="list-style-type: none"> - Understand the importance of a balance between screen time and other activities. | <p>Key vocabulary: Balance, habits, reduce</p> <p>Key virtues: Self-control, curiosity, motivation</p> |
| <p>Resources:</p> <p>PowerPoint</p> <p>Balance picture (can be printed from 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 do you enjoy that do not involve screens?</p> <p>What are the benefits of these activities?</p> <p>What virtues can be gained through them?</p> <p>What habits can you put in place in order to have a balance between screen time and time away from screens?</p> | <p>Learning activities:</p> <p>Starter: Homework review</p> <p>Ask children to review their logs of how much time they spend in front of screens? What is the class average? Was there a difference between what children estimated and their real time? (If so, why do you think this is?).</p> <p>Did the children experience any of the signs that they were spending too much time in front a screen?</p> <p>Activity 1: Getting a balance</p> <p>Discuss:</p> <ul style="list-style-type: none"> - What activities do you enjoy doing that are not in front of a screen? - What are the benefits of these activities that you cannot get from screen-based activities? - What virtues can you develop? <p>Explain that it is important to get a good balance of screen based activities and activities that do not involve a screen. It would be almost impossible (and probably not much fun) to not have any screen time. However, we shouldn't be using them all the time.</p> <p>Get children to complete a balance scale (an image can be printed from the PowerPoint) with screen-based activities on one side and activities that do not involve a screen on the other side.</p> | |

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Activity 2: Good habits

In order to get the balance right, we need to put in place and practice good habits.

Looking at your log of screen time, what habits could you start to reduce your time slightly?

Brainstorm options/ideas e.g. putting tablets away an hour before bed time, reading a book for 30 minutes as soon as you get in from school, no screen time when eating...

Plenary: Practice makes perfect

What one good habit around screen time can you commit to practising this week?

