

KNOWING THE LIMITS

SESSION A



Self-Discipline is:

- * Controlling yourself so that others don't have to control you.
- * Getting rid of bad habits and replacing them with good ones.
- * Restricting how much time you spend on certain activities.
- * Making yourself do things that are healthy or good for you.

LEARNING OBJECTIVES:

To understand the effects of too much TV or gaming, and how to set our own time limits.

Suggested Resources:

Whiteboards and pens, PCs or large sheets of paper and coloured pens.

Script:

“Too much of anything can have a negative effect on people. Research has shown that too much TV and gaming can have a particularly bad effect. We all enjoy watching the odd film or following a series on TV and it helps some people to relax. Gaming on consoles or PCs can be fun but we need to control the amount of time we spend on these pursuits.

Let's have a show of hands: Who thinks they game or watch TV for less than five hours/from five-ten hours/more than ten hours a week?”

Suggested Activities:

On their whiteboards the children should list what they think the positive and negative effects of too much gaming might be, for example:

Positive: Following instructions; problem-solving; improved hand-eye coordination; better memory; cooperation; and responding to challenges.

Negative: Confusion of reality and fantasy; reduced academic achievement; increased aggression; reduction in concentration and attention; an increase in violent behaviour; and learning the wrong values.

Children could produce a poster or PowerPoint of the negative effects of too much TV or gaming.

Plenary:

Share posters. Do they give the right message? Remember it is OK to play computer games or watch TV for small amounts of time. You just need to use self-discipline to know where to set your limits!

Character Coaching

Guidance:

How could self-discipline help you to control the amount of time spent using a computer?

Meaningful Praise:

Well done for using self-discipline and knowing when you have had enough.

Correction:

How could you use your self-discipline to set a maximum amount of time spent on your computer? What would a sensible amount of time be?

