

# Health, Well-being and Lifestyle

I can say how those rules/guides can help me.

## Outcome Criteria

- Demonstrate simple awareness of physical health risks around over engagement. Eg eyes get tired; sitting in one place for a long time; missing meals/drinks etc
- Explain simple well-being awareness; eg not physically socialising; not listening to parents/carers; being bored etc
- Begin to recognise that rules and guidance can vary by context.

## Questions To Ask

- What things do you do most at home when you are using technology online? Remind me.
- What are the good things you use technology for?
- What do you enjoy most? Why?
- Which things make you lose patience/get sad/angry/annoying?
- What happens to you when you've used technology for too long?
- Last time we talked about some rules that you have at home/ school (or your ideas for rules) when using technology. Let's just run through some of those again to remind ourselves what they were.
- Let's look at one of those rules (eg timing based rule). **Why** do you think having that rule in place is important?
- **What** sorts of things might that rule help make better?
- Can you explain **how** that rule might make things better?
- Are there certain times (**context**) when that rule is more important than at other times? (Bedtime? Homework time? Family Meals? Lessons? When someone is talking to you?)  
Explain

## Activity Descriptor

Revisit the strategies discussed in the previous lesson by reading out the [online usage statements](#) and ask children to suggest their preferred tip in that situation.

Discuss rules we have for using technology and the internet at home and in school, recording common rules and themes on the board. Explain to children that sometimes things happen or come up which might impact on our rules or mean that they change.

*For example, your family have the rule that you can play your favourite online games for 30 minutes each night. You have 10 minutes left of gaming time but your grandparents pop round unexpectedly and your parents ask you to put the game away now and come and join them. The rule says that you get 30 minutes of gaming time and stopping now would mean you wouldn't get that. What would or should happen?*

Discuss as a class how sometimes we need to adapt and change our rules. This might be temporarily or permanently depending on the context.

Put the children into small groups (3-4) and hand out the [changing rules scenarios](#). Allow the groups time to role play the scenario with 2 possible endings - the rule is changed/ adapted and the rule is kept the same and no change is made.

Ask some groups to share their role plays, depending on time, and discuss how it feels to change the rules and to not change them considering the reasons why we might adapt or change the rules, eg to spend time with our loved ones, to be fair to others, a change to our routine etc



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## What could you do?

1. Your neck is feeling sore from looking down at your device, what could you do?



2. You feel yourself getting bored of the game/app/ device, what could you do?

3. Your brother wants to play the game with you but you find yourself getting cross with him and you're not sure why, what could you do?



4. You're finding it hard to fit in time to play your favourite sport and get your homework done, what could you do?

5. Your device keeps getting really hot when you hold it, what could you do?

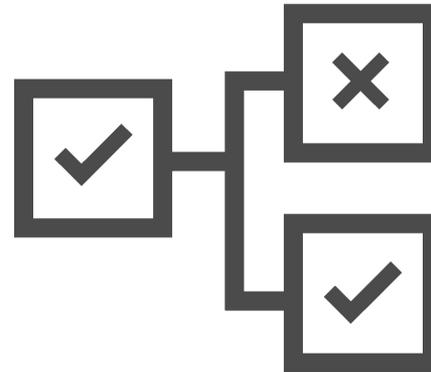




# Changing the rules

I can **explain** simple guidance for using technology in different environments and settings.

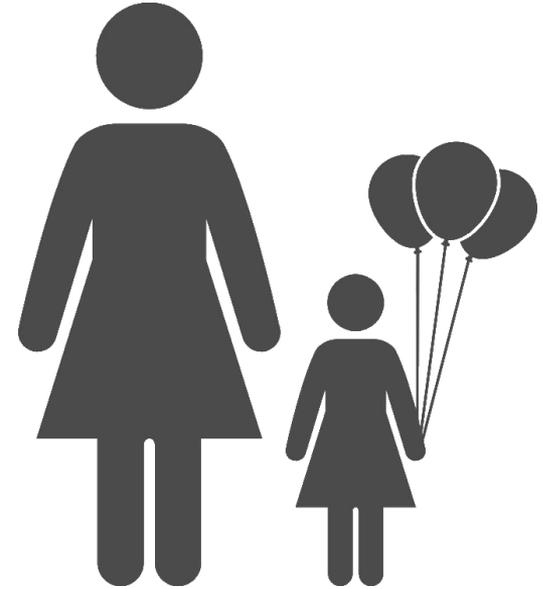
I can say how those rules/guides can help me.





Rule/routine - You are allowed to go online for an hour on a Saturday morning as a treat for working hard at school.

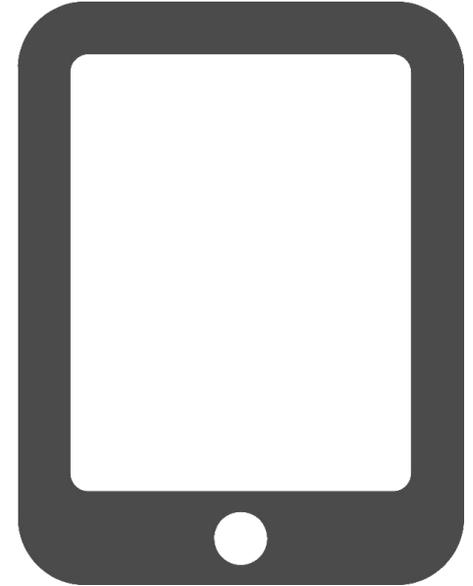
Your mum reminds you that you've got a family party this Saturday morning so won't be able to have your normal hour online after breakfast.





Rule/routine - The tablet is your device to play on.

Now your little brother is a bit older your parents ask you to share the tablet with him so it's no longer just yours.





Rule/routine - No one uses their devices at the kitchen table.

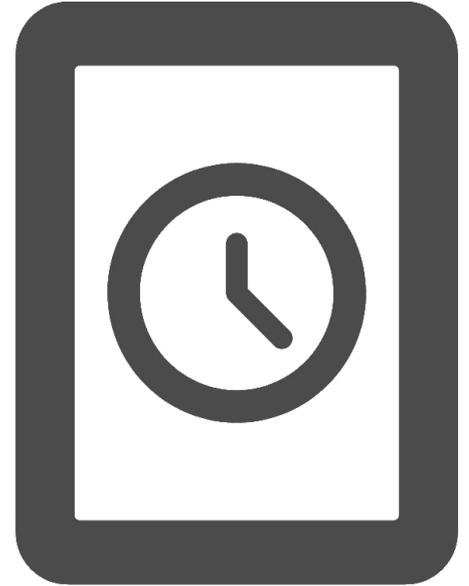
The phone rings and it's  
important call for your dad.





Rule/routine - You take it in turns as a class to use the tablet on a Friday afternoon.

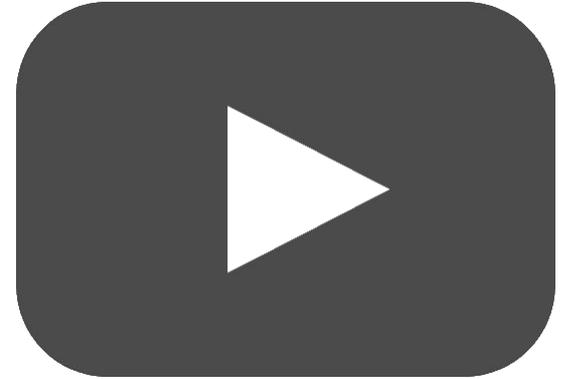
It's your turn but you haven't finished your work or tidied away.





Rule/routine - You're allowed to have 20 minutes a day on YouTube when your mum or dad are there to help.

Today both your parents are really busy and have said they won't have time.





Rule/routine - You are allowed to play your favourite game for 30 minutes after dinner.

You're going on holiday in the morning and have to get up really early so will need to go to bed much earlier than usual.





Rule/routine - You have a collection of games you are allowed to play whenever it is game time.

You're going on holiday in the morning and have to get up really early so will need to go to bed much earlier than usual.





Rule/routine - You are allowed to play your favourite games for a certain amount of time each day.

You've gone to stay at your grandparent's house and they want to watch the TV when you want to play your favourite game on your console.

