Health, Well-being and Lifestyle

I can give examples of some of these rules.

Outcome Criteria

- Give examples of rules around their own use of technology.

- Give examples of rules that apply to others' use of technology (e.g. their friend's rules, family rules, class rules, etc.)

- Give examples of rules that relate to safety/rules that relate to healthy use of technology.

Questions To Ask

- Are the rules the same for all of us?

- Why do you think this is?

- What online activities/tech activities make you feel good? (e.g. happy, excited)

- Why do you think they make you feel this way?

- What online activities/tech activities make you feel bad? (e.g. upset, worried, angry, annoyed, tired)

- Why do you think they make you feel this way?

Activity Descriptor

Matching strategies that may have a positive impact on common activities

Display or print out the springboard resource for this activity to share or promote discussion with group and/or class.

- Discuss the four strategies in the blue box and what they might look like

- Read through the simple scenarios in the labels

- Which strategy might be a healthy thing to do when faced with each scenario?

- Drag and drop the scenarios onto the strategy that the class have agreed/discussed

Task for children to complete:

- Create three more scenarios that reflect some of the ways you might use technology

- Match them to the strategies in the chart

Healthy and safe choices

Health, well-being and lifestyle
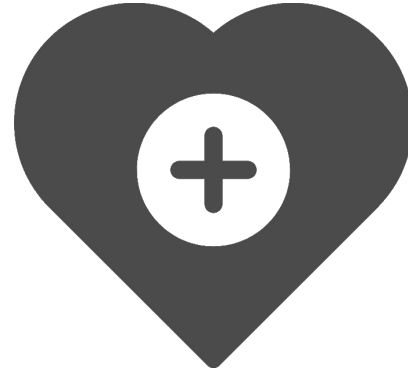
I can explain rules to keep us safe when we are using technology both in and beyond the home.

I can give examples of some of these rules.

PROJECT
EVOLVE

Health, well-being and lifestyle

DRAG AND DROP

Set myself a time limit

Stop using and give attention

Take a short break

Do something else

I'm playing my favourite game and dinner is ready.

My TV is on in the bedroom this evening and I have to get up early tomorrow.

My friend keeps messaging me every few minutes but I'm busy watching YouTube.

My Mum arrives home from work and says, "Hello, how was your day?"

I've been on my tablet for an hour and my eyes are tired.

I'm stuck on a game level and getting moody and angry.

It's almost bedtime but I have been allowed to use my tablet before going to sleep.

I've been playing on my game console for two hours and my fingers feel sore.

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