

# Health, Well-being and Lifestyle

I can give some simple examples.

## Outcome Criteria

- Give some examples of the rules they have about using technology.
- Attempt to say why they are allowed or not allowed to do these things.
- State what to do if they are worried or unsure about something online.

## Questions To Ask

- What device(s) do you like to use at home/school?
- What do you like to do on your device(s)?
- What things make you happy when you use technology?
- What things make you unhappy/angry/sad when you use technology?
- Last time we talked about some of the rules for using technology and the internet. Can you remember any of them?
- Why do you think we have rules for using technology and the internet?
- Do you have any rules at home/school for using technology? What are they?
- Who decides the rules for how you use technology?
- Why do you think we have these rules?
- What happens if you follow the rules (e.g. rewards)?
- What happens if you don't follow the rules (e.g. sanctions)?
- Are the rules you have fair or unfair? Why?
- Can you think of any rules for being safe/healthy when using technology?

## Activity Descriptor

**What are your rules?**

Print/display [the starter sentence cards](#) for different online/tech activities and uses.

Explain to the children that you are going to say some things that someone can/can't do with technology. For each one, they should put their hand up if it is a rule they have been

told for using tech (e.g. at home/school/etc).

*Alternatively you could ask the children to perform an action to show their answer e.g. put their finger on their nose for 'yes' and hands on hips for 'no'.)*

Read out a starter sentence card and add your own rule to the sentence e.g. *'When I play a video game...a grown up always plays with me.'* and ask children to show if this is a rule they have at home.

Alternate between the cards to provide a variety of rules. Depending on the ability of the children, ask them to complete the sentence with a rule of their own. E.g. *'I have to ask a grown up if I want to...'*

### **Task:**

Ask children to draw a picture of one of the rules they have for technology/internet use. *(You can remove the images from the sentence starter cards and print them off for children to add their drawing.)*

Some children may be able to write one or two key words with support (e.g. tell, Mummy/Daddy, etc.)



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# What are your rules?

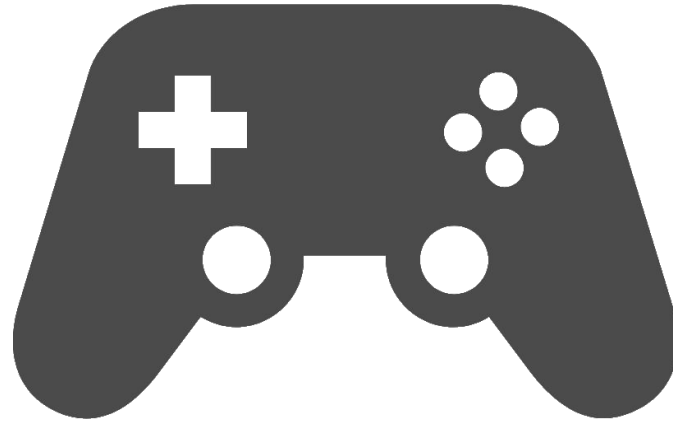
Today we will be giving you work on online mindfulness.

**Try and answer all the questions and join in on all the bits.**



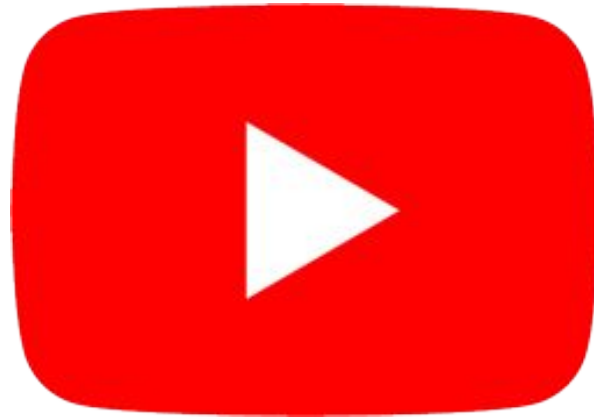


# When I play a video game...





# When I watch YouTube...

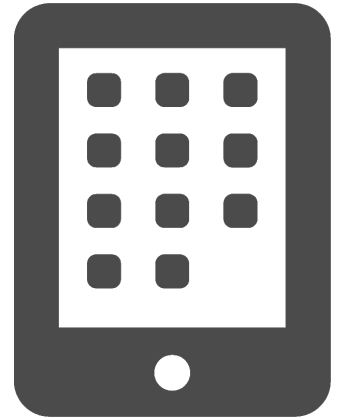




# When I use Google...



# When I want to go on the computer/console/tablet/phone...





# I can play/watch for...







# I am allowed to...



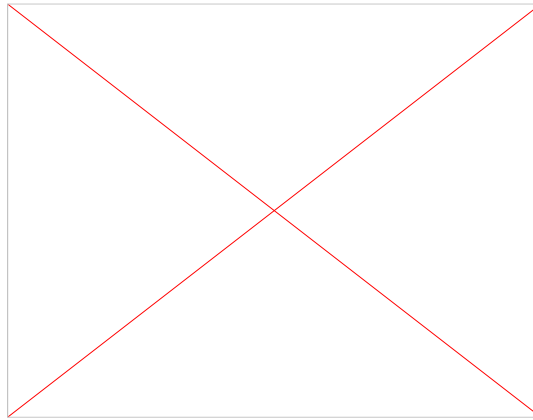


# I am not allowed to...



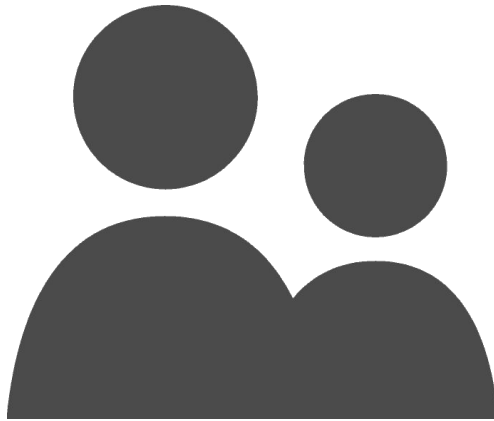


I have to ask a grown up if  
I want to...





A grown up who can  
help me is...





# If I get stuck...

