



PLTW Virtual Learning

6th Grade Intro to Tech

April 20, 2020



6th Grade Intro to Technology Lesson: April 20 (Part 1 of 2)

Objective/Learning Target:

Students will understand how to balance digital media use in their lives.

Warm-Ups:

To warm up today, you are going to watch a video about how being connected is a 24/7 part of our culture. Especially now more than even when this video was made, 24 hours a day, seven days a week, people all over the world can access the internet.

[Watch Video](#)

Based on the video, what are some of the benefits of being connected 24/7?

Lesson Introduction/Background Information:

Some ideas that you might have come up with include:

- Real-time access to weather helps plan outdoor activities, clothing, etc.
- Social media and messenger apps allow immediate communication and updates with other people.
 - Search engines help people find information and solutions for things.
- Music apps enable people to create, share, and listen to playlists of their favorite music.

Almost all of the activities in the video are examples of using **digital media**, which is content (text, audio, images, video) or devices that allow people to share information, communicate, and collaborate over the internet or computer networks.

Lesson Introduction/Background Information:

Not all the actions in the video involved using digital media.

Did you catch any that didn't?

If you didn't, it was the soccer match itself!

Think to yourself, what are some of the benefits of doing things offline that don't involve digital media?

Lesson Introduction/Background Information:

So being disconnected from digital media has some benefits, but being connected has benefits, too. What is the best way to balance the two?

Media balance is using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.). In today's lesson, we're going to think about ways we can find our own sense of media balance.

Practice:

Get a piece of paper and divide it into four squares.

In the first two squares, label the top left one “What activities you do online” and the top right one “When and for how long?”

Now, think about the different activities you do online and on your devices: listening to music, playing games, looking up information, doing homework, talking with friends, etc.

Write down as many as you can think of.

Practice:

On that same piece of paper, in the bottom two squares, label the bottom left square “What activities do you do offline” and the bottom right square “When and for how long?”

Think about the different activities you do offline: with others or by yourself, for fun or other reasons. Write down as many as you can think of.

Practice:

As you can see, you have a lot of choices about the kinds of activities you do—about how you spend your time. One way to make sure you're getting the most out of those choices is to think about how they make you feel and how they affect other parts of your life. To do that, let's look back at our lists.

Review the online and offline activities you wrote down. Circle the two or three activities in each that you do most. Hold onto this paper for tomorrow's activity.

Self-Assessment:

Review your list with a family member. Are there online or offline activities that you forgot that you can add to your list? If they were to make a list, would it be similar to yours?

Extend Your Learning/Continued Practice:

Get out some of your creativity! Draw a picture or write a short free write story about one of your favorite online and one of your favorite offline activities.