



PLTW Virtual Learning

6th Grade Intro to Tech

April 21, 2020



6th Grade Intro to Technology Lesson: April 21 (Part 2 of 2)

Objective/Learning Target:

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

Warm-Ups:

First, review the activities that you listed yesterday on your paper, especially the ones that you circled as doing the most.

Second, fill in the blanks with these prompt sentences with the activities that you do most frequently online and offline:

Part 1: Use the positive and negative feeling words to complete the first blank in each sentence. Fill in the second blank using the activities you circled on the "Online, Offline" handout.

I am most	<u>happy</u>	when	_____
I feel	<u>stressed</u>	when	_____
I am most	_____	when	_____
I feel	_____	when	_____

Positive feelings	Negative feelings
happy	stressed
engaged	distracted
connected	lonely

Lesson Introduction/Background Information:

We are talking about finding media balance, so look at the things that caused you to feel negative emotions.

Part of having balance means being aware of how different activities make you feel. If certain activities result in not-so-good feelings, that is a red flag. When you experience a **red flag feeling**, it is important that you think about what's causing it and what you can do about it, especially when our normal routine is disrupted so much.

One helpful thing might be to find ways to "unplug." What do you think it means to unplug from online activities?

Practice:

There is the literal definition of “unplug”, which is to take a plug out of something like an outlet. However, the definition of “unplug” we are going to use today is “To engage in activities that don't involve devices, apps, or the internet”. (Yes, I know it’s ironic to talk about this while you are looking at a device screen!)

On the back of your paper, write at the top the answers to:
What are some specific times you might want to "unplug"?

How would you know when to do it?

Practice:

Some times you might have thought of to unplug?

- Specific times, like during dinner or before bedtime
- When you're tired of looking at your screen or when you feel like you don't want to be connected to others

Some ways you could unplug (know that different strategies work for different people)?

- Turn the TV off when you're not watching it.
- Only watch one show (don't click on autoplay).
 - Turn your phone off.
 - Limit the amount of time you game.
- Turn off certain settings (app notifications, location services, etc.).
 - Choose a day or time when you don't use your phone or go online (during dinner, weeknights, after school, etc.).

Practice:

Answer the following questions on the rest of the back of your sheet of paper:

1. Do you feel that you have a good balance between the activities that give you positive and negative feelings?
Why, or why not?
2. What is one step you can take to improve your feeling of balance between the two?
3. What might be hard about taking that step? What can you do to overcome those challenges?

Self-Assessment:

Read the following scenario:

As soon as Alex wakes up, she 1). checks Snapchat messages. On the school bus, she 2). texts with friends. In class, she 3). does online research for a report. At home, she sits indoors and 4). watches YouTube videos on a laptop while using her cellphone to 5). post on social media, 6). check email, and 7). search for free apps. After dinner, she 8). does homework using a digital textbook. Then she 9). plays video games, makes art, or 10). edits photos until 30 minutes past bedtime.

Come up with two suggestions for Alex to bring balance into her life.

Extend Your Learning/Continued Practice:

Complete the following activity with your family:

When it's time to go to bed, sometimes we want to play one more game, send one more text, or write one more email, but we need to use media in the right balance with the activities that keep us healthy—like sleeping. Research shows that not getting enough sleep affects not only our physical health but also our emotions and how well we work. Using the checklist can help us see if we're taking steps to make sure our devices don't steal our sleep! Go through the checklist together and put a check mark next to the statements that are true for your family. Then you can decide whether you want to adjust how you use devices around bedtime.

Extend Your Learning/Continued Practice:

Checklist:

- We try to get a full night's sleep (around eight hours) even when we have lots of text, email, or social media notifications.
- We use an app or device settings to avoid blue light if we're using a device right before bedtime.
 - We stop using devices about an hour before bedtime.
 - We keep devices out of the bedroom and/or shut them off at bedtime.
 - We use device settings or parental controls to shut off devices at bedtime.

Were you able to put a check mark by any of the statements? Talk about the results together:

Do you think your media habits are in balance around sleep? Decide whether you want to make changes as a family since you're all on the same team—and you all need sleep!