

## OBJECTIVE

Students will understand the importance of balancing screen time with real-world experiences and the potential impacts of excessive screen use.

## ACTIVATE

- **Discussion:** Start with a question: "What do you like to do on your smartphone or tablet?"
- **Storytime:** Read a short story about the importance of engaging with the world around us. Some options are:
  - a. "Unplugged" by Steve Antony
  - b. "When Charlie McButton Lost Power" by Suzanne Collins
  - c. "Dot" by Randi Zuckerberg
  - d. "Goodnight iPad" by Ann Droyd
  - e. "The Fabulous Friend Machine" by Nick Bland

## APPLY

### **Video:**

- Briefly explain the video "Like and Follow," emphasizing the story of a little boy who is always looking at his smartphone and misses the beauty around him.  
[Like and Follow](#)
- Prior to watching the video, introduce the video prompts to be discussed after the video.
  1. *What are some fun things you can do without a screen?"*
  2. *"How do you feel when you play outside or spend time with friends?"*
- Explore these questions with the students as a large group after watching the video.

### **Art Activity:**

- Using the template provided, have the students draw a picture of their favorite activity that doesn't involve a screen.
- Encourage them to share their drawings and explain why they enjoy these activities.

## CONCLUSION

- **Recap:** Summarize the lesson by highlighting the importance of balancing screen time and real-world experiences.
- **Take-Home Message:** Encourage students to spend more time exploring the world around them and to be mindful of their screen use.

## EXTENSION ACTIVITIES:

1. **Home Assignment:** Ask students to watch the video "[Like and Follow](#)" with their parents and discuss what they learned in class.
2. **TWALKERS** – Common Sense Media Activity on focusing on one task at a time.  
<https://www.commonsense.org/system/files?file=pdf/2022-11/digital-passport-educator-guide.pdf> (pg 6)
3. **Family Media Agreement** – have students fill out a Family Media Agreement with their parents. Here is one created by Common Sense Media: [common\\_sense\\_family\\_media\\_agreement.pdf \(commonsensemedia.org\)](#) and/or they could use this one from the Institute of Psychology: [Family-Media-plan-1.pdf \(instituteofchildpsychology.com\)](#)
4. Handout to send home to parents: [managing-media-family-tips-3-8.pdf \(commonsense.org\)](#)

## MATERIALS:

- Storybook about a child exploring the outdoors (see list above)
- Art supplies (paper, crayons, markers)
- Template "Paying Attention to the World Around Us" Either the K-1 version or the Grades 2-3 version
- Video link (to be watched at home with parents): Like and Follow

