L.O. I can say different ways to learn and play; how to know when to take a break from screen-time

Mar 3-11:49

Talk partner

How much screen time do you think is healthy?

Mar 3-11:52

How many different devices can you name in 1 minute?



What are they used for?

Mar 8-09:52

write on your whiteboard

How can the Internet help us

we can use it to find information

we can use it to send messages

we can use it to play games

we can use it to help us learn

we can use it to help us keep in touch with our family and friends

But it is important to remember how to balance our time on the Internet with other activities. This way we can make sure our mind and body stay healthy and happy.

Mar 8-09:53

This helps to keep our mind and bodies healthy:

Looking at screens too close to bedtime can make falling to sleep more difficult.

Spending too much time online can also mean we miss spending time with our friends and family which might make us feel a bit lonely or sad.

It is important that we recognise the way we feel when we have too much screen time so that we can make sure we are choosing to balance the time we spend online with doing offline activities too.

Mar 8-10:02

What activities do you like to do that don't involve being online?

reading a book, playing with toys, spending time with family and freinds, doing a jigsaw, listening or playing music

Mar 8-10:11

Bedtime

Remember screens too close to bedtime it can make it tricky to fall asleep.

Doing calm activities at bedtime, that don't involve screens, can help us to feel ready for bed.

What bedtime activities help you feel ready to drift off to sleep?

When we feel well rested we:

- can concentrate and learn;
- have fun with friends;
- feel good!

Mar 8-10:16

We are now going to plan a balanced days activities

Think about what we have discussed about needing a balance of activities during each day and when it would be good to avoid screen time.

How did you decide what to include?

What made you choose to do each activity at a certain time?

Mar 8-10:21

I do/we do

My Balanced Day

Use this sheet to show some of the activities that you can do to create a balance in your day. Draw a picture of yourself in the middle box and pictures of you doing activities in the surrounding boxes to create a balanced day. On the lines in each box, write a sentence about what you are doing in the picture.

morning

afternoon



Mrs Aspinall

bedtime

morning/afternon

Top Tips

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