

SD72 PARENT HOME LEARNING LESSON



Digital Wellness – Saying Goodnight to Technology



PURPOSE / SKILL: Digital Wellness – Wellness Lesson #1

How do you walk away from technology when you don't want to.



- Learn to transition between screen time and non-screen time activities.
- Learn the importance of turning off technology at bedtime.

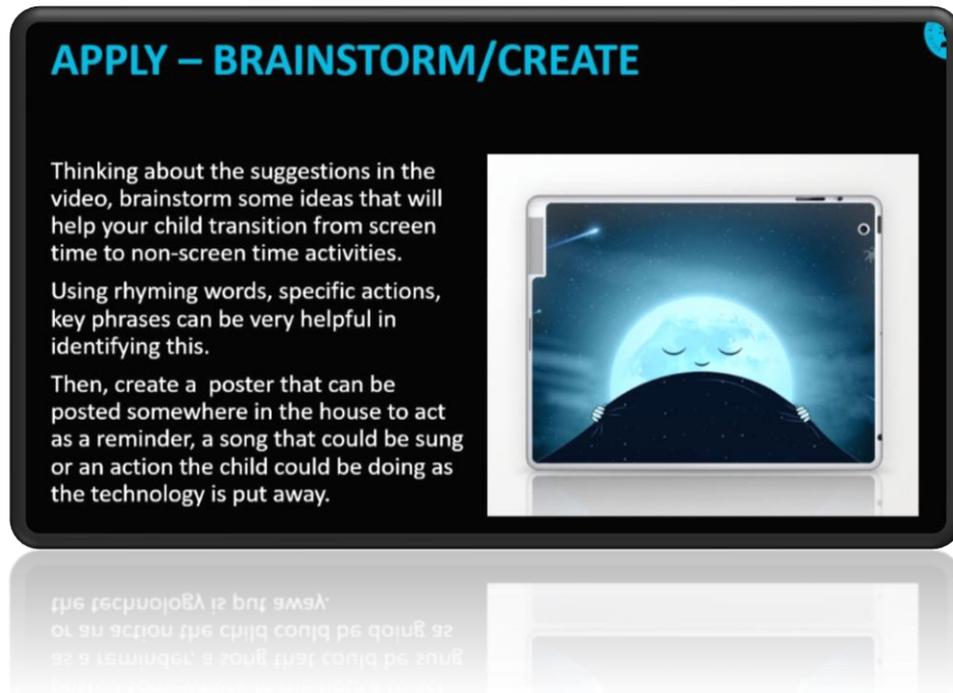
MATERIALS: Lesson PowerPoint – Link [HERE](#); Pen; Paper; Poster Paper



INSTRUCTIONS: Follow the instructions included in the PowerPoint – they are presented in a step-by-step fashion with all the links for videos, storybooks, handouts included.

Tips and Tricks, Extension activities and Additional Information for Parents are located on the last two slides.

ACTIVITY: Storybook, video, poster.



APPLY – BRAINSTORM/CREATE

Thinking about the suggestions in the video, brainstorm some ideas that will help your child transition from screen time to non-screen time activities.

Using rhyming words, specific actions, key phrases can be very helpful in identifying this.

Then, create a poster that can be posted somewhere in the house to act as a reminder, a song that could be sung or an action the child could be doing as the technology is put away.

POSSIBLE NEXT STEPS/EXTENSION ACTIVITIES:

- Create different scenarios where your child might be asked to walk away from technology and practice the three-step strategy.
- Brainstorm a list of ALL the technology your child may have at home that might need to be turned off at night.
- Discuss why too much technology is bad for the health.
- Read one of the many [Technology books](#) on too much screen time. (scroll down page)