

SD72 PARENT HOME LEARNING LESSON



Digital Wellness – Device Free Moments



PURPOSE / SKILL: Digital Wellness – Etiquette Lesson #1

When is it polite to turn off technology?



- Learn the term “device free moment” and when this is appropriate.
- Identify general reasons why we should take a break from screens.

- Understand that is not JUST about using technology appropriately but WHEN it is appropriate to use it.
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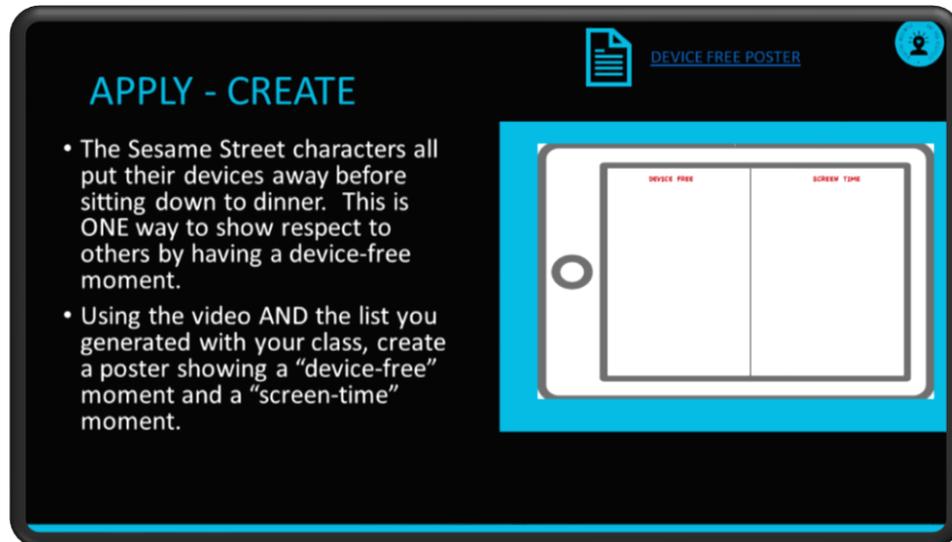
MATERIALS: Lesson PowerPoint – Link [HERE](#); Pen; Paper; Poster Paper



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.



The screenshot shows a PowerPoint slide with a black background and a blue border. The title 'APPLY - CREATE' is in blue. There are two bullet points in white text. To the right is a poster template with two columns labeled 'DEVICE FREE' and 'SCREEN TIME'. The slide also has a 'DEVICE FREE POSTER' icon and a user profile icon in the top right corner.

APPLY - CREATE

- The Sesame Street characters all put their devices away before sitting down to dinner. This is **ONE** way to show respect to others by having a device-free moment.
- Using the video **AND** the list you generated with your class, create a poster showing a “device-free” moment and a “screen-time” moment.

POSSIBLE NEXT STEPS/EXTENSION ACTIVITIES:

- Generate a list of healthy and appropriate screen-time activities.
- Develop a **FAMILY** pledge about having device-free family time **AND** what can they do instead of screen-time activities.

