

1ST GRADE DIGITAL CITIZENSHIP

HOW TECHNOLOGY MAKES YOU FEEL



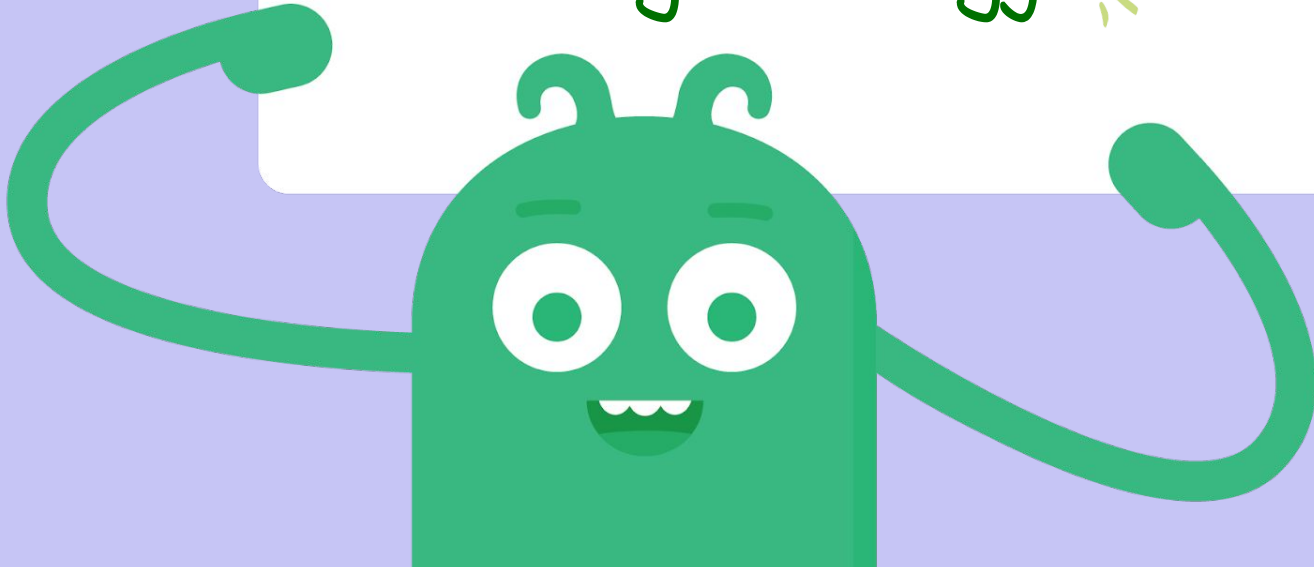
OBJECTIVES

By the end of this lesson, students will be able to:

- Recognize the different kinds of feelings they can have when using technology.
- Know what to do when they don't have a good feeling when using technology.



Why is it important to
listen to your feelings when
using technology?

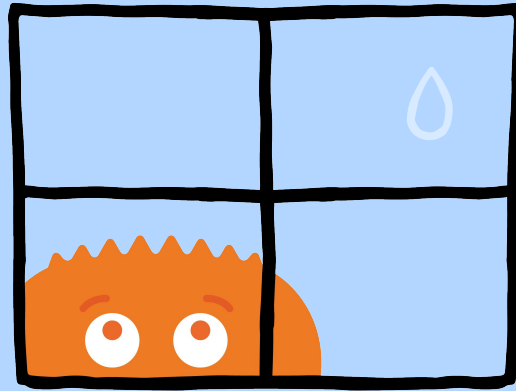


Lesson



WARM UP

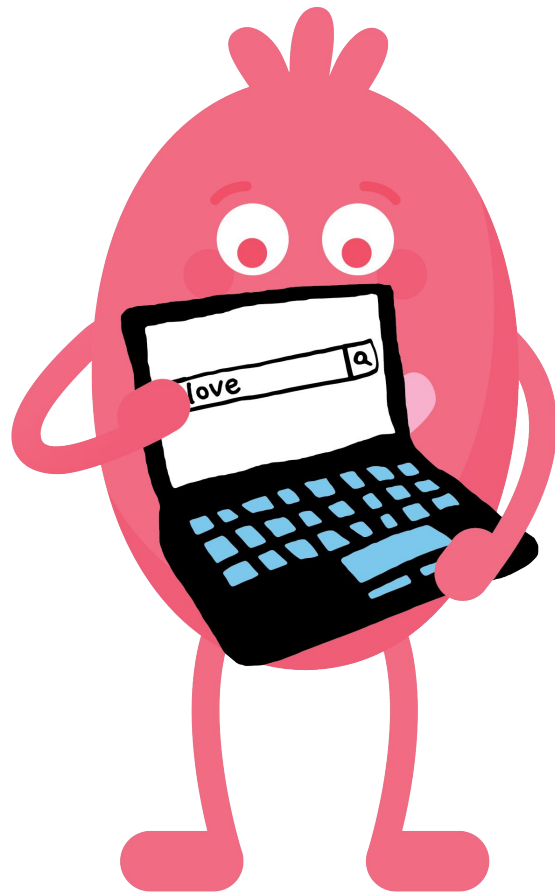
How do you feel when you've spent too much time inside on a rainy day?





You are looking for pictures of hearts, so you search "love." But you end up on a site that looks like it's for grown-ups.

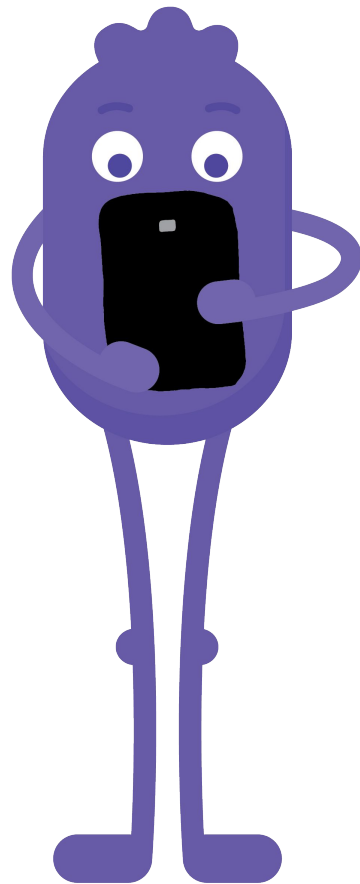
How do you feel? What should you do?





You're watching a show that
is supposed to be for kids.
But there is a really scary
character that you don't like.

How do you feel?
What should you do?





Uncomfortable

Causing a feeling of hurt or worry



How do you feel after you are
done using technology?

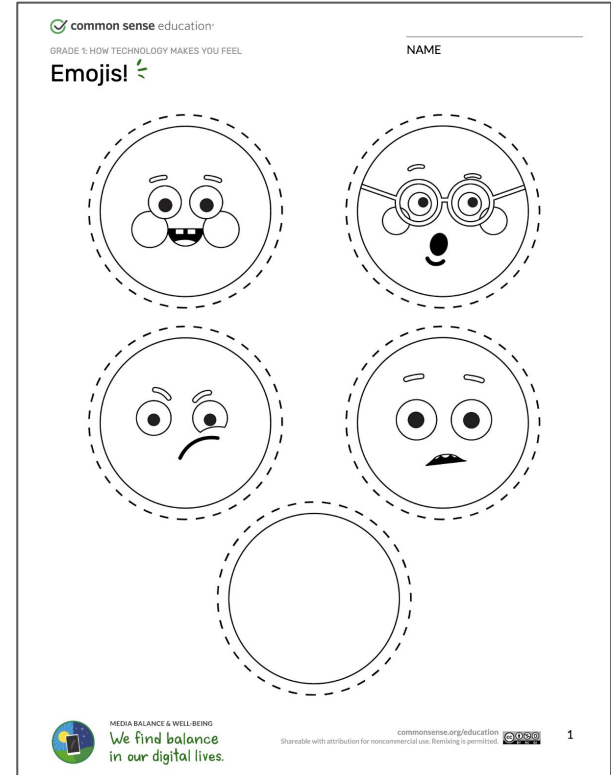


Lesson Activities

EMOJIS

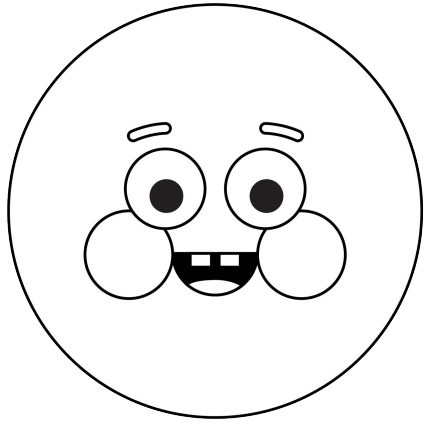
Directions

1. Cut out the emoji faces.
2. Color the emoji faces.
3. Tape or Glue faces to popsicle sticks.

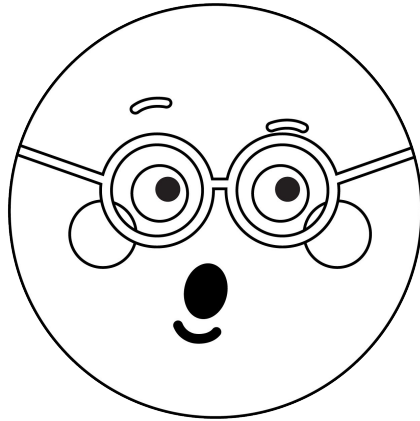




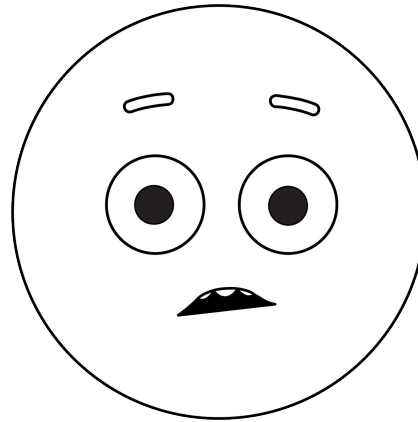
Emoji Sticks



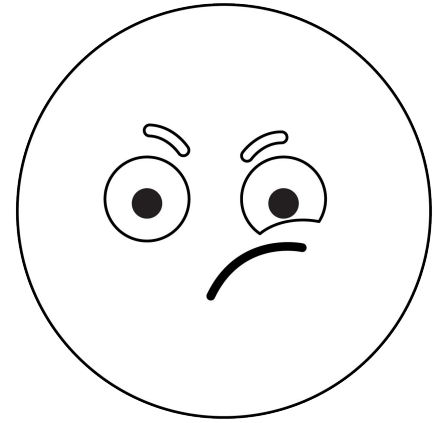
Happy



Curious



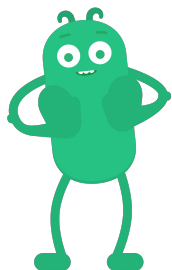
Uncomfortable



Frustrated



Pause, Think, Ask!



Pause

When you have a feeling, stop and take a moment to notice it.



Think

Notice your feelings and think about what to do next.



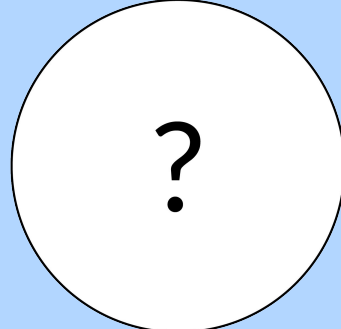
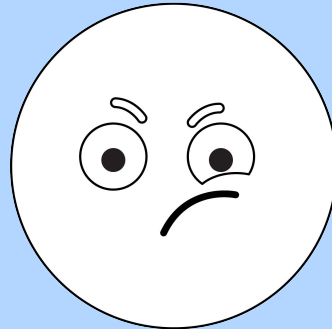
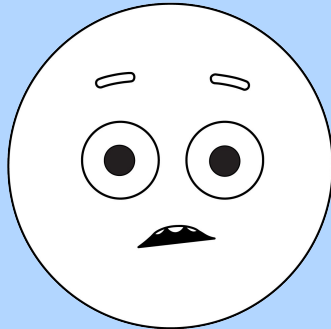
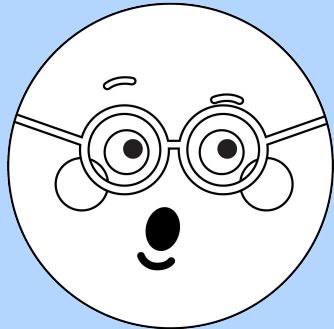
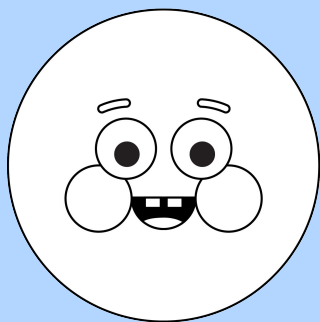
Ask

If you're feeling unsafe, unhappy, or unsure, get help from a grown-up.



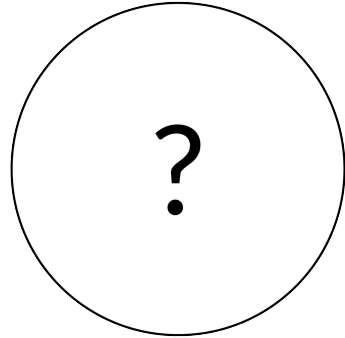
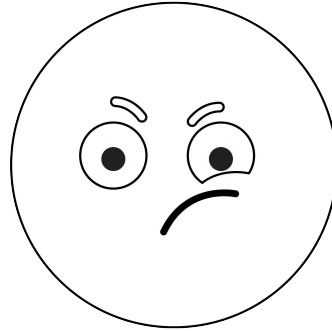
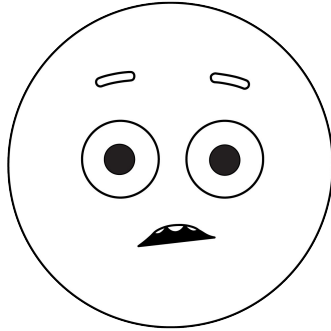
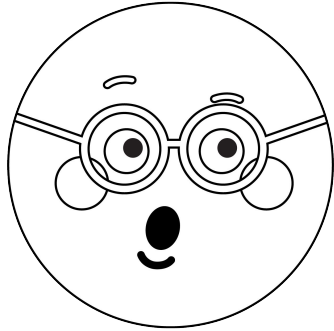
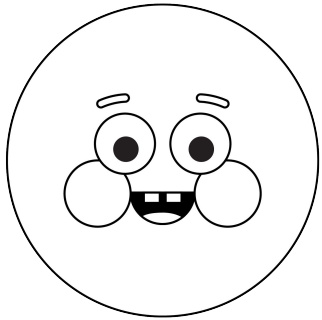
EMOJI GAME

How do you feel?
What should you do?



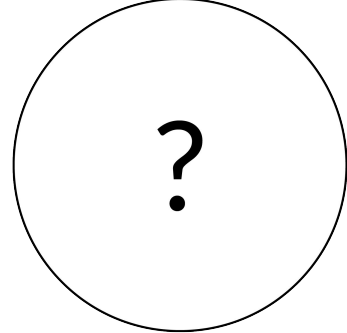
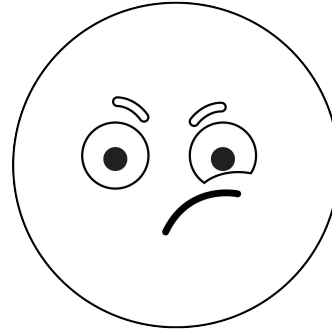
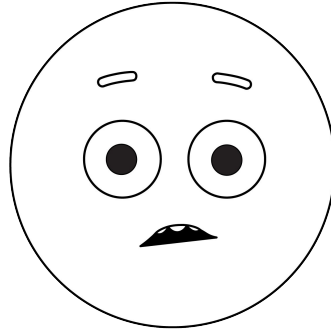
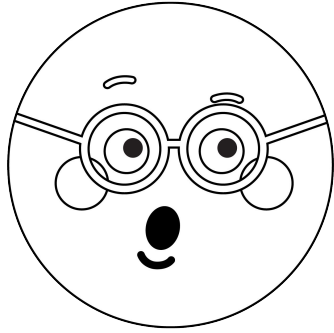
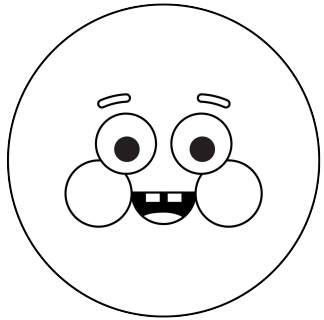
EMOJI GAME

1. You're really into learning about cheetahs! You found a great website just for kids with lots of information about cheetahs and really cool pictures.



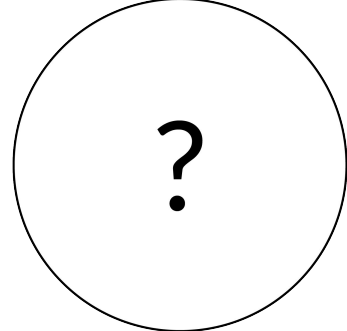
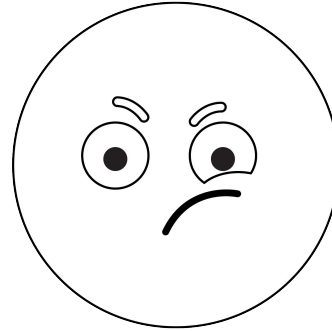
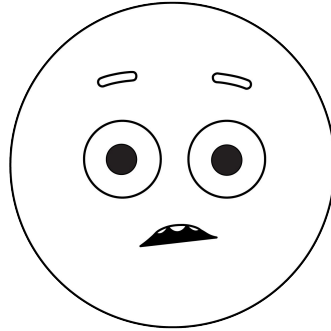
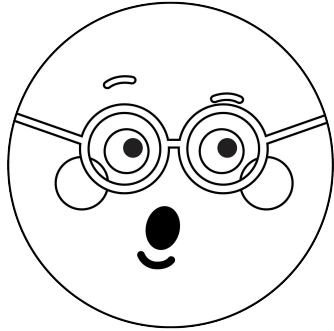
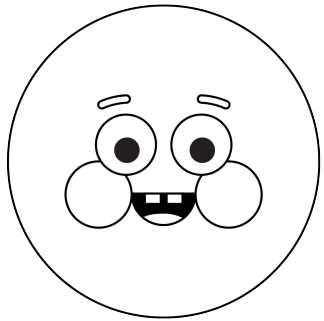
EMOJI GAME

2. You've been watching funny videos of cats for almost an hour. You missed out on your chance to go to the park with your friends.



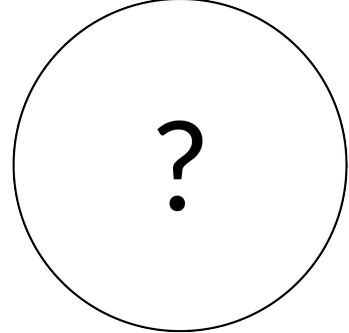
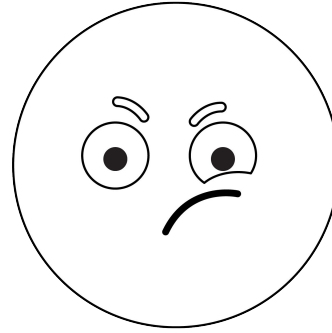
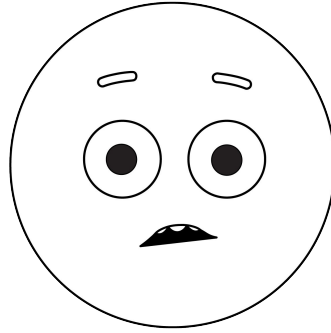
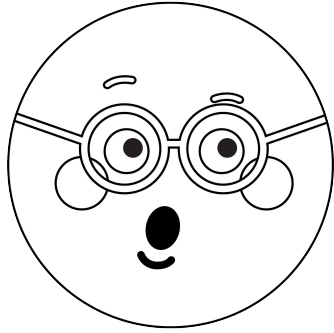
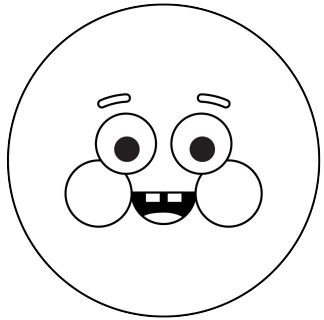
EMOJI GAME

3. Your grandma lives far away. She video calls you every Saturday so that you can stay in touch.



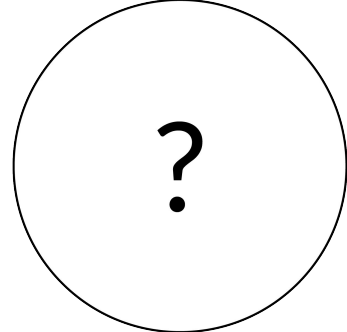
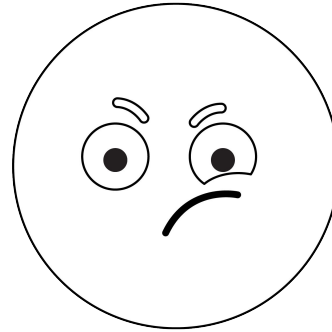
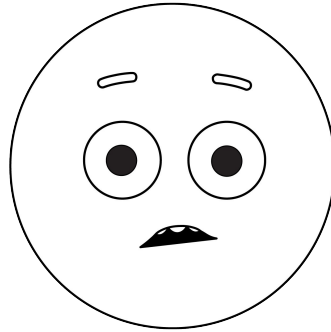
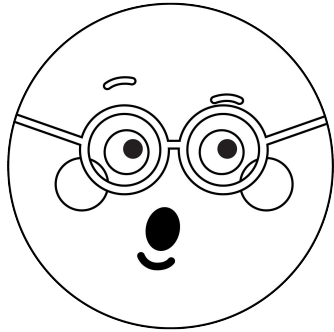
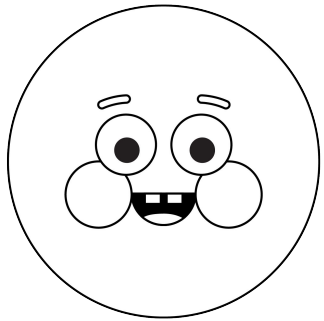
EMOJI GAME

4. You're playing a game on your tablet and it suddenly stops working. You ran out of charge.



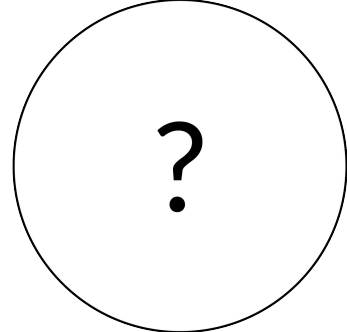
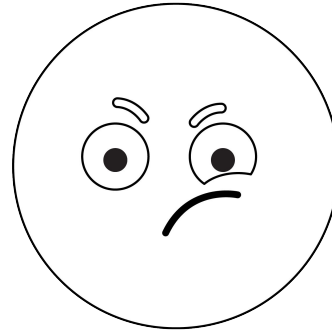
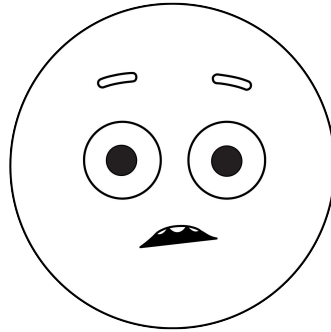
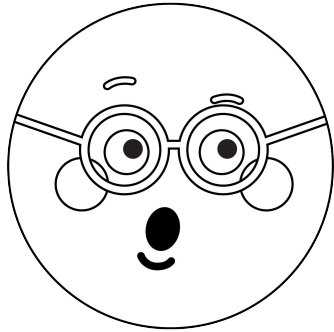
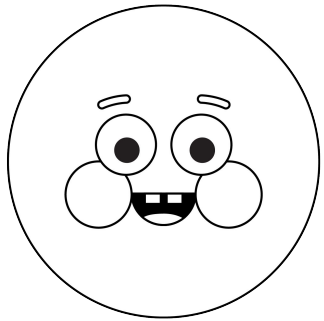
EMOJI GAME

5. You're at the park with your parent or caregiver and you want them to watch you do a cool trick. You can't get their attention because they are texting.



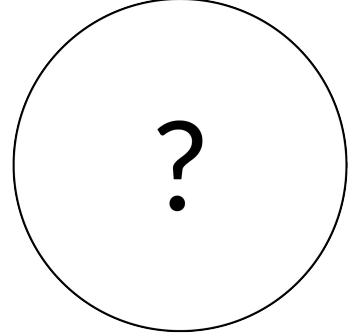
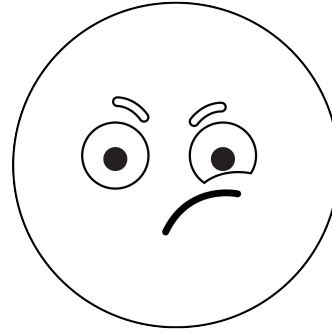
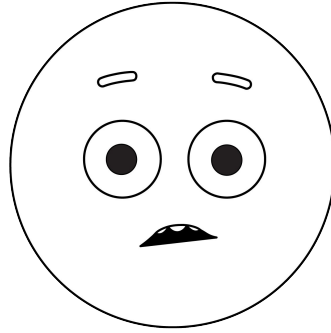
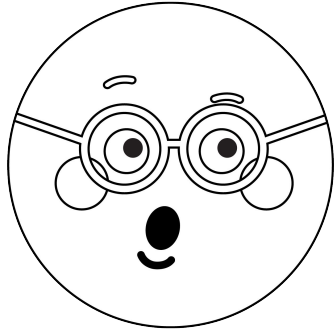
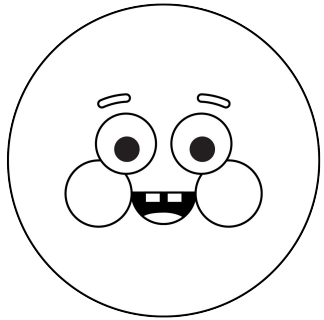
EMOJI GAME

6. You're watching online videos with your friends, but ads keep playing for grown-up stuff.



EMOJI GAME

7. You've been playing on your tablet for a really long time and your parent tells you that it's time to stop.





WATCH



To watch this video on the Common Sense Education site, click [here](#).



commonsense.org/education

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Do You Ever Feel ...

By Wren Brennan



Technology!
It's fun, it's neat.
It makes me feel
Really sweet.

But then sometimes
It makes me blue.
Do you ever feel
That way, too?

When I'm happy,
I say woo-hoo!
When I'm sad,
I say boo-hoo!

When I feel my feelings,
I share them, too!
Whatever I'm feeling,
I say it to you!


When I feel unsure
Or not OK,
I pause and think
And ask away!

I find a grown-up
And I say,
Can you help me
Find my way?


PAUSE & THINK MOMENTS

Directions

1. Draw a picture to show what you will do if you get an uncomfortable feeling using technology.
2. Write about what you will do if you get an uncomfortable feeling using technology.

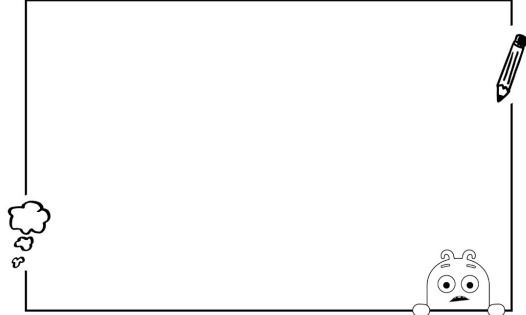
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GRADE 1: HOW TECHNOLOGY MAKES YOU FEEL


Pause & Think Moment 


NAME _____

Draw a picture to show what you will do if you get an uncomfortable feeling using technology.



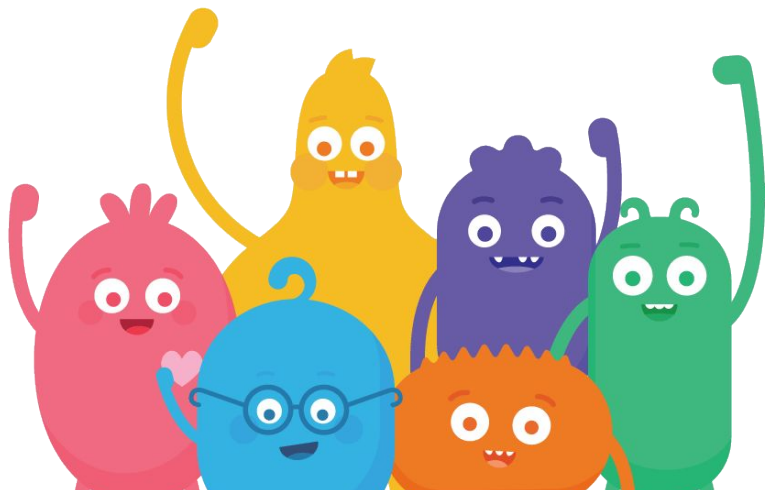
Write about what you will do if you get an uncomfortable feeling using technology.

 MEDIA BALANCE & WELL-BEING
We find balance
in our digital lives.

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1

We find balance
in our digital lives.

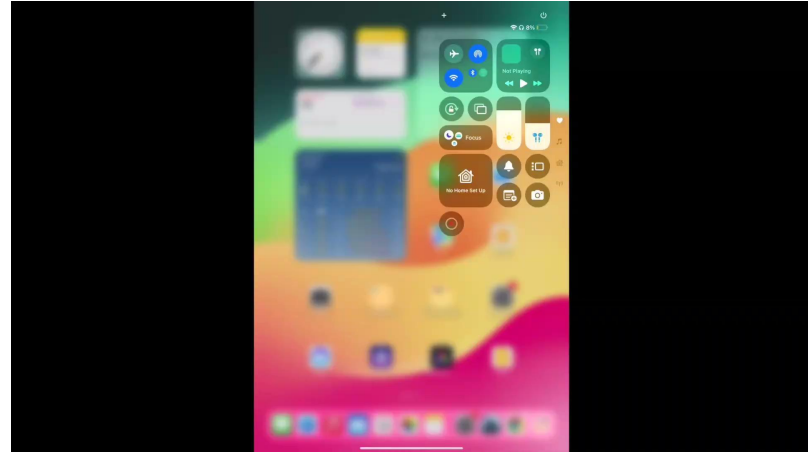


Lesson Extension

CHATTERPIX

Directions

1. Open the Chatterpix app
2. Choose ***Take Photo***
3. Take a photo of one of your emoji faces.
4. Draw a line where'd you like the drawing to speak.
5. Record your emoji sharing a situation using technology and how you would feel and what you should do.



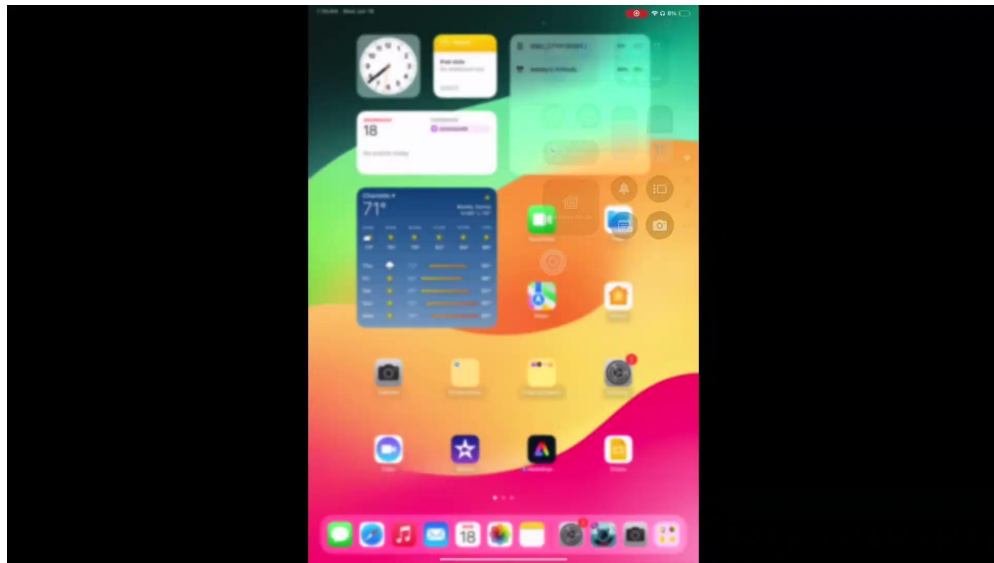
VIDEO DIRECTIONS

CONTROL ACCESS TO HARDWARE FEATURES

Directions

If the camera or microphone are not working when using the app...

1. Open the settings app.
2. Find the application.
3. Make sure the camera and microphone are on green.
4. Make sure you the app has full access to the photos.



Family Activity

FAMILY ACTIVITY

GRADE 1: DIGITAL CITIZENSHIP FAMILY ACTIVITY

Pause & Think Online



There are lots of things to think about when it comes to being a responsible digital citizen. At school your kid is learning all about it, and now they can show you what they know! They're learning to ...

- Pause and think before searching, clicking, or sharing.
- Be kind online.
- Find balance using media and tech.
- Pay attention to their feelings to make sure they feel safe and know when to stop.
- Stand up to online bullies.
- Carefully choose the digital footprints – like posts, pictures, and comments – they leave behind.



Check out the music video featuring our favorite digital citizenship friends!

Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.common sense.org/education/videos/pause-think-online>

Now talk about this together:

1. What was your favorite part of the song? Why?
2. What's your favorite character? Why?
3. What are some ways you can do what your favorite character does?
4. What could be hard about it, and how would you keep going anyway?



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