

2ND GRADE DIGITAL CITIZENSHIP

DEVICE FREE MOMENTS



OBJECTIVES

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

- Recognize the ways in which digital devices can be distracting.
- Identify how they feel when others are distracted by their devices.
- Identify ideal device-free moments for themselves and others.



Why is it important
to have device-free moments
in our lives?



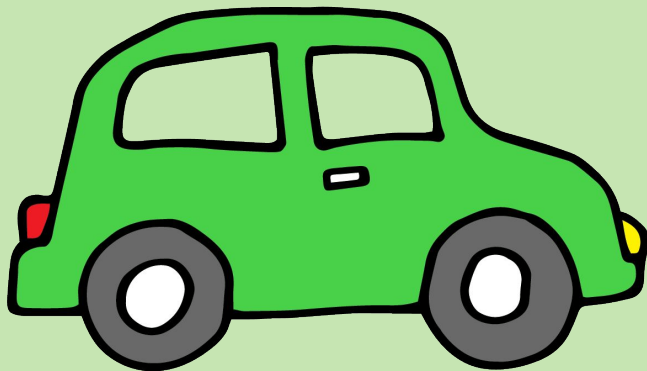
Lesson



WARM UP



Why is it not OK for people to
text and drive at the same time?





WATCH



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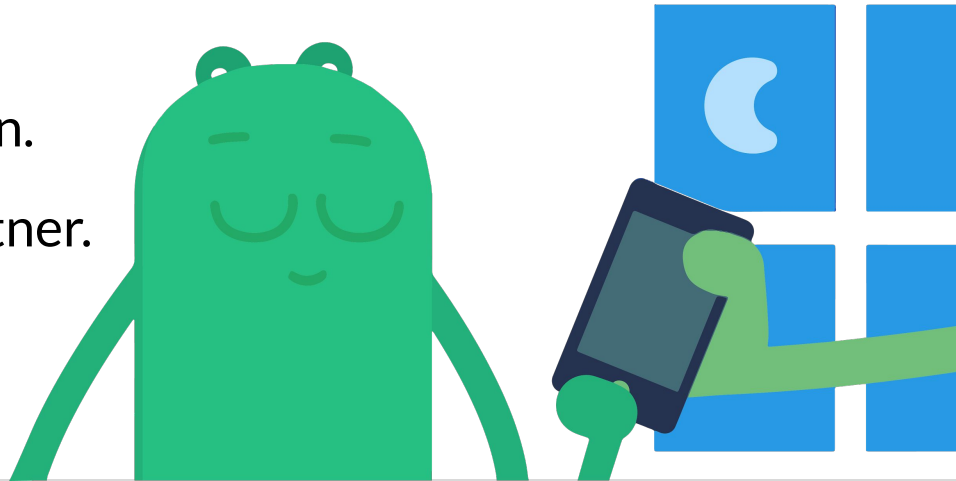
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Are there times when it would be better not to use devices?

Directions:

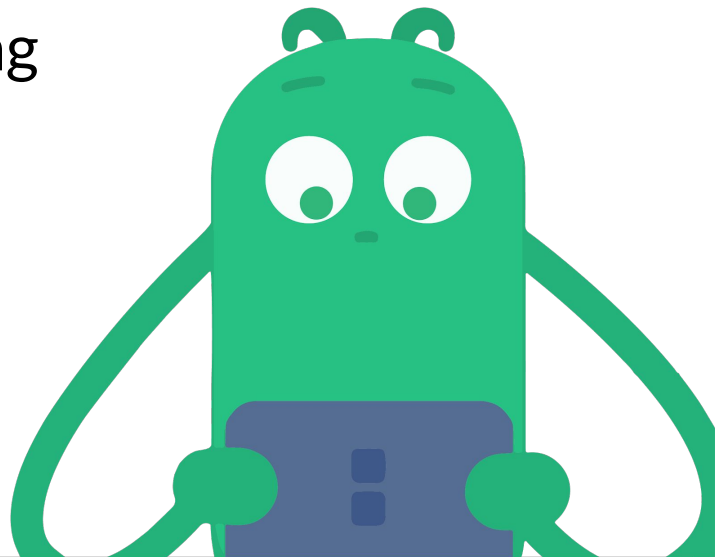
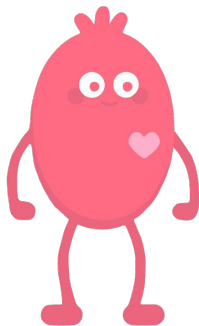
1. Think quietly about the question.
2. Share your response with a partner.





Distraction

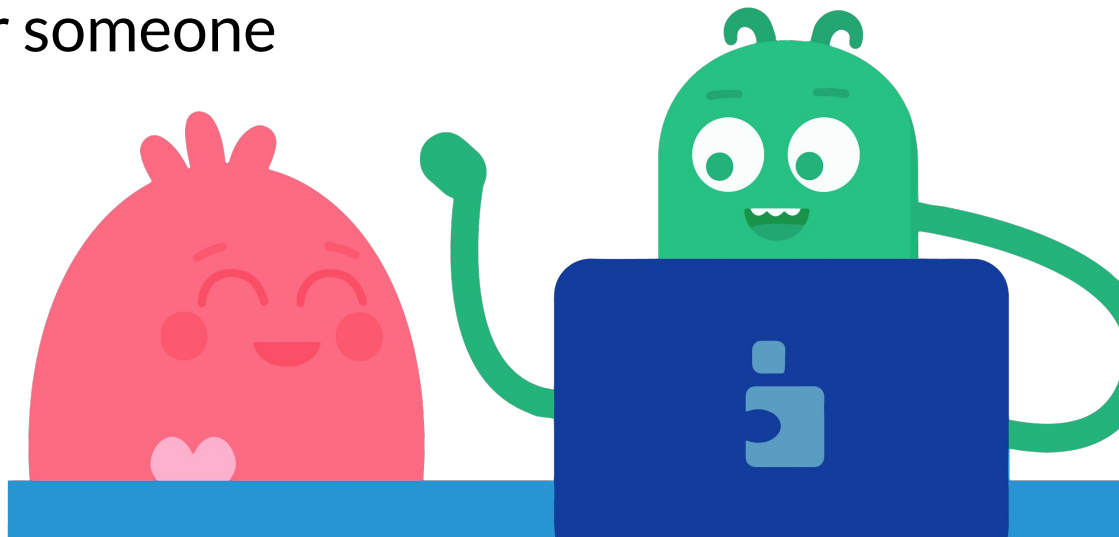
something that keeps you from giving your full attention





Attention

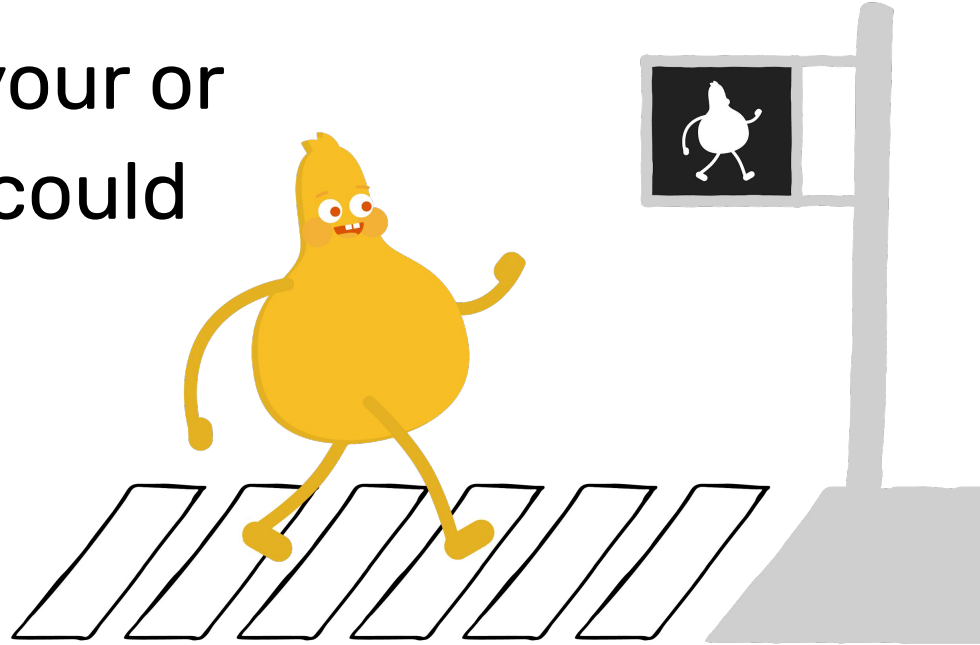
noticing something or someone
as important





Safety

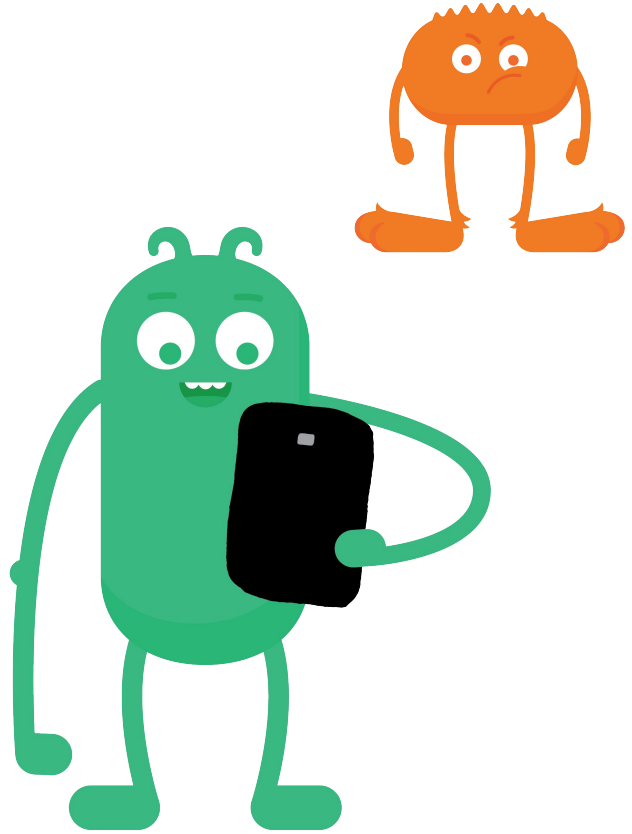
There are times when your or someone else's safety could be at risk.





Respect

There are times when it hurts other people's feelings if you are distracted and not paying attention to them.





Concentration

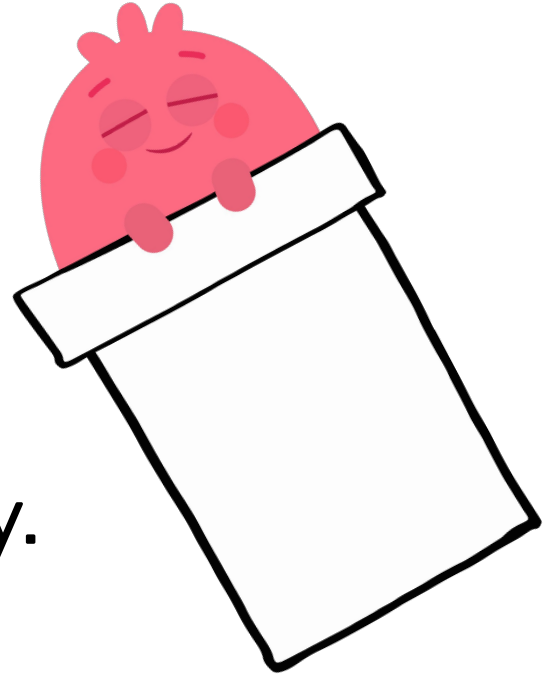
There are times when you should give your full attention to a specific activity.





Sleep

There are quiet times,
like when we are going to sleep,
when devices should be put away.

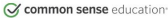


Lesson Activities


FAMILY DEVICE-FREE RULES

Directions

1. Create a list of rules to help your family have device-free moments. Remember the rules aren't just for you, but for everyone you live with.
2. You can write special rules for certain people.

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GRADE 2: DEVICE-FREE MOMENTS


Family Device-Free Rules 


NAME _____


DATE _____


Directions
Create a list of rules to help your family have device-free moments. Remember, the rules aren't just for you, but for everyone you live with. You can write special rules for certain people. Be the boss. You're in charge!


Our Family Device-Free Rules


A device-free rule to stay safe:



A device-free rule to show respect:


A device-free rule so we can concentrate:


A device-free rule to get our sleep:

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

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PAUSE & THINK MOMENTS

Directions

1. What advice would you give a grown-up to not be distracted by devices?
2. Draw about it.

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GRADE 2: DEVICE-FREE MOMENTS

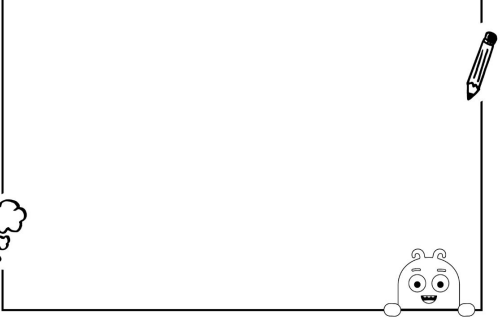
Pause & Think Moments 

NAME _____


DATE _____

What advice would you give a grown-up to not be distracted by devices? Draw about it.

This advice is for _____



Explain the advice you would give and why.

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Lesson Activities

LESSON EXTENSION

Directions

1. Use the device-free rules and distraction free advice from the previous activities to create a video to teach others.
2. Open the ***Clips App*** on the iPad. 
3. Tap the ***photos*** icon then select ***posters***. 
4. Use the poster feature for each rule or advice tip.
5. Type and record your rules and advice tips.
6. Add music or images to make it better!



Example

Family Activity

FAMILY ACTIVITY

GRADE 2: DIGITAL CITIZENSHIP FAMILY ACTIVITY

We the Digital Citizens



The internet can be fun, but it also requires responsibility, so your kid is learning how to be a safe, strong digital citizen! What does that mean? They're learning to ...

- Find fun, cool stuff online.
- Set limits on how much time they spend online.
- Keep personal information -- like their phone number and address -- private.
- Pause and think before searching, clicking, and sharing.
- Ask before they go online.
- Pay attention to their feelings and ask for help when they feel scared or confused about something they see online.



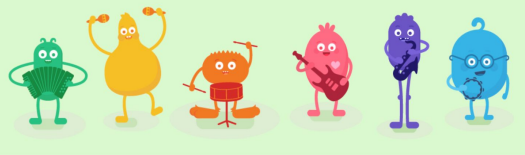
Check out the music video featuring our favorite digital citizenship friends!

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

<https://www.common sense.org/education/videos/we-the-digital-citizens>

Now talk about this together:

1. What was your favorite part of the song? Why?
2. What rules do we have about using apps and going online?
3. What sites are OK to use?
4. What are the time limits? Make a list of safe sites and apps and your rules to put in a place where your whole family can see it!



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