KINDERGARTEN DIGITAL CITIZENSHIP

MEDIA BALANCE IS IMPORTANT

OBJECTIVES

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

- Know when and why to take breaks from device time.
- Consider the feelings of people around them, even when engaged in fun online activities.

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Lesson

cms
Charlotte-Mecklenburg Schools

REFLECT

Have you ever had the feeling that you've spent too much time using a device like a tablet or phone?

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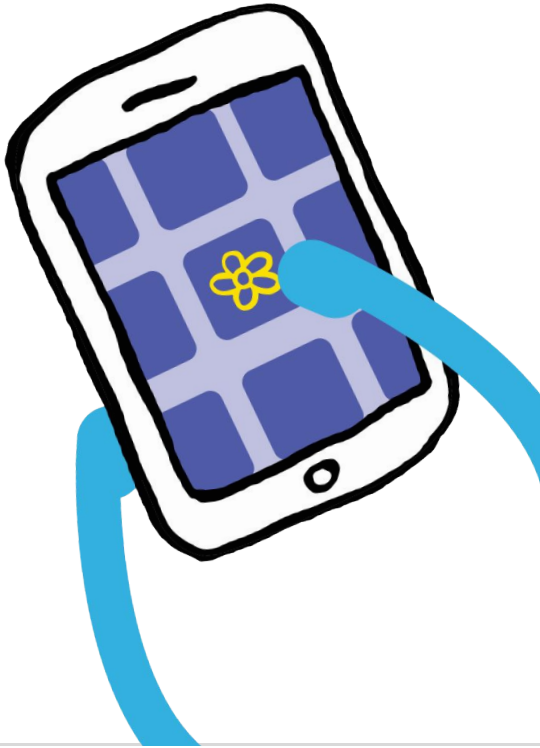
Device

An electronic piece of equipment like a phone, tablet, or laptop



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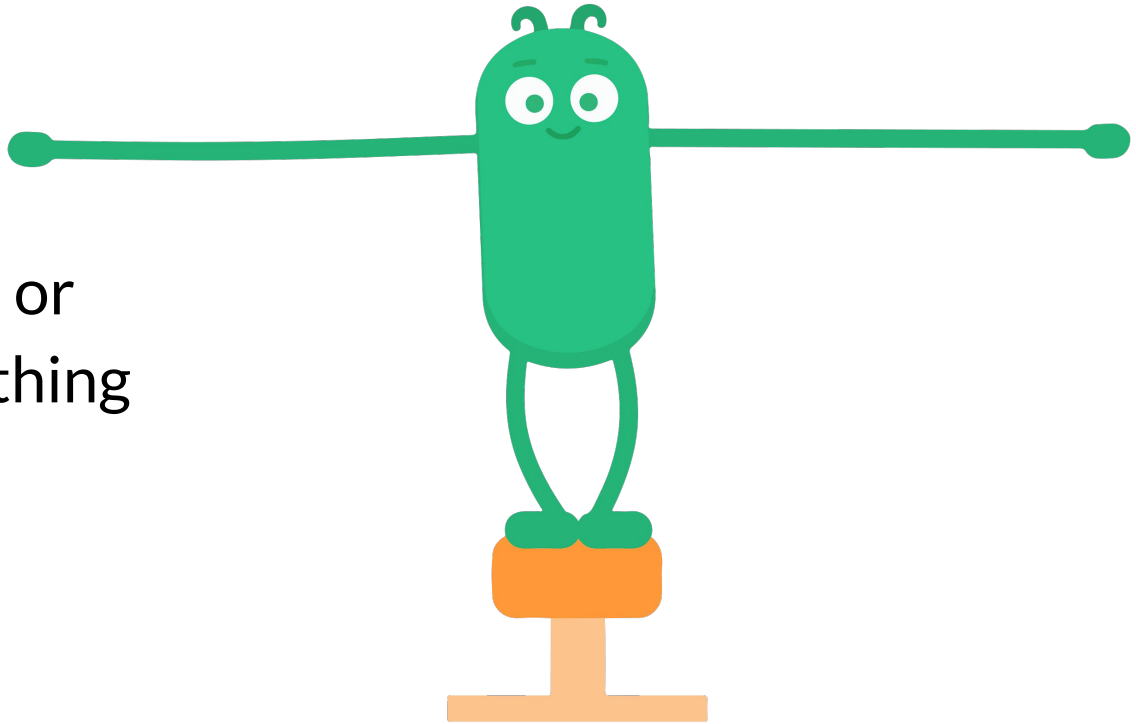
KEY VOCABULARY

Balance

Having equal weight or importance of something



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WATCH

To watch this video on the Common Sense Education site, click here.

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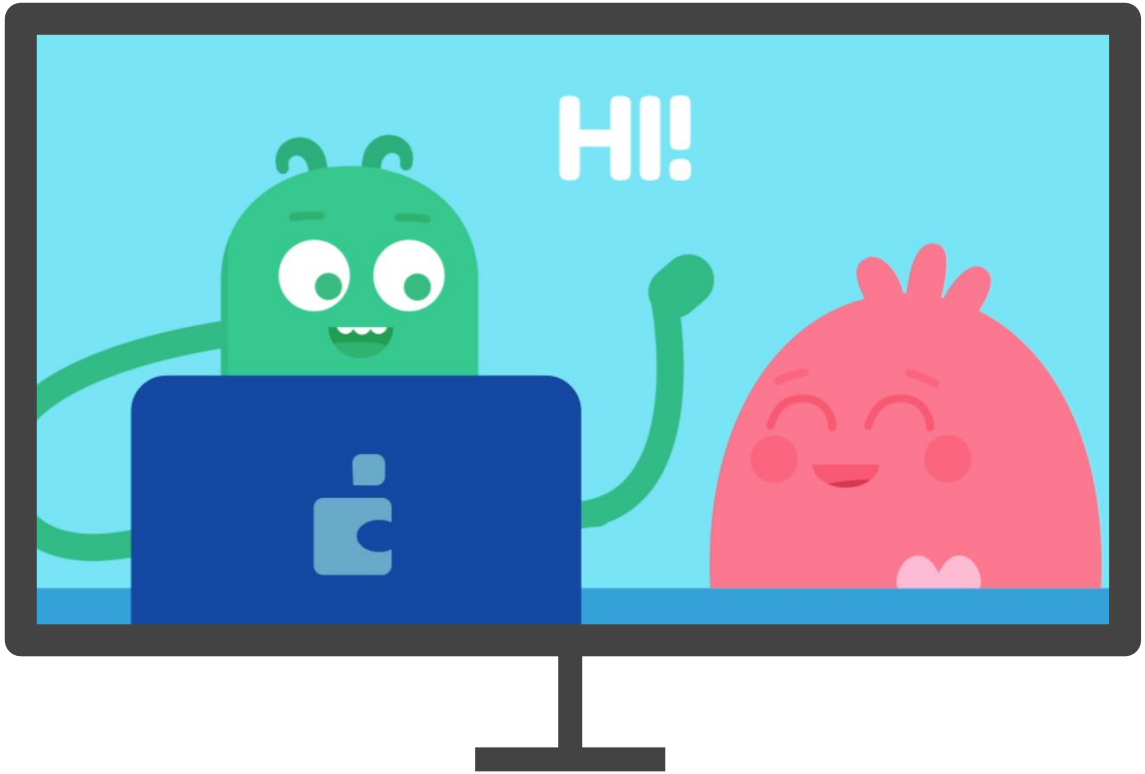
Why should you take a break from your device when a friend says "hi"?



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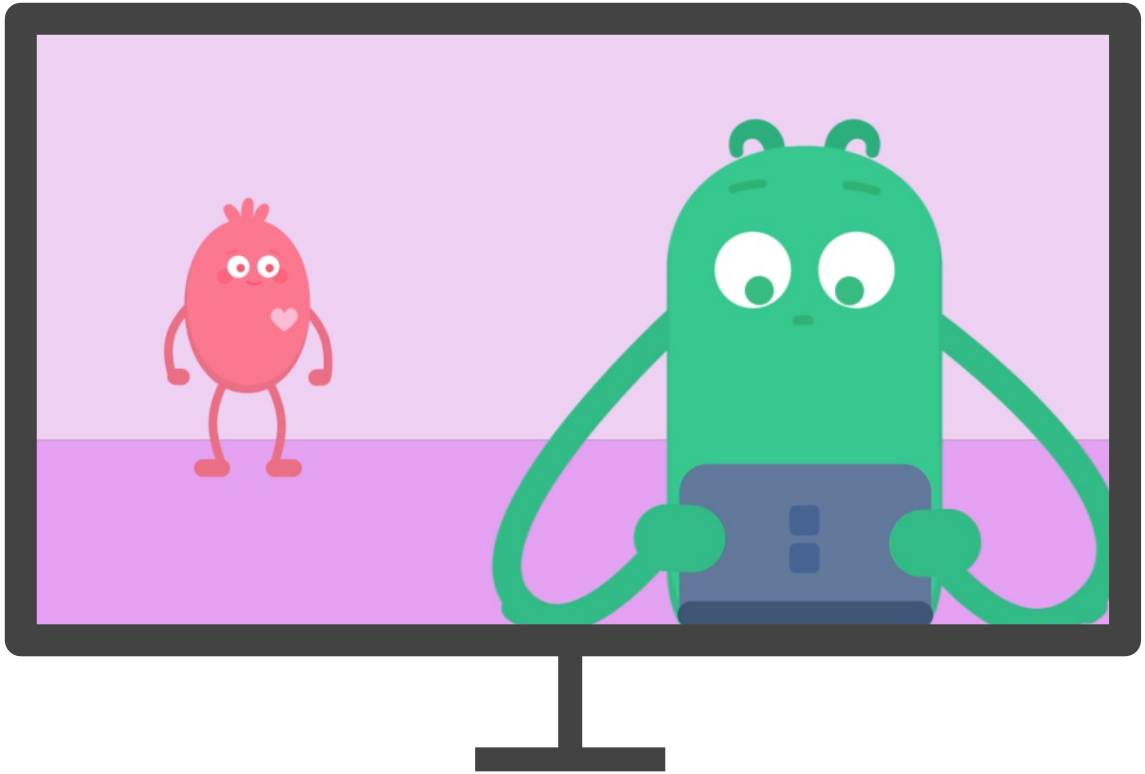
Why should you invite your friend to play when they are all alone?



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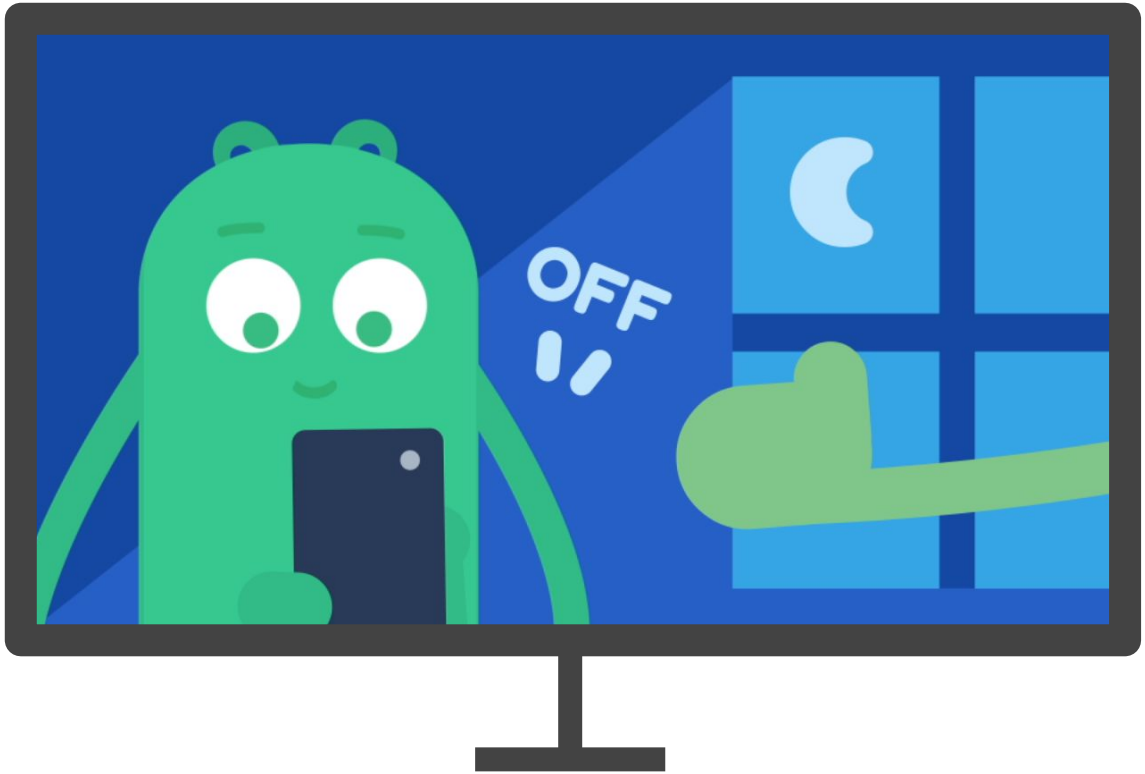
Why is it a good idea to turn off your device before going to bed?



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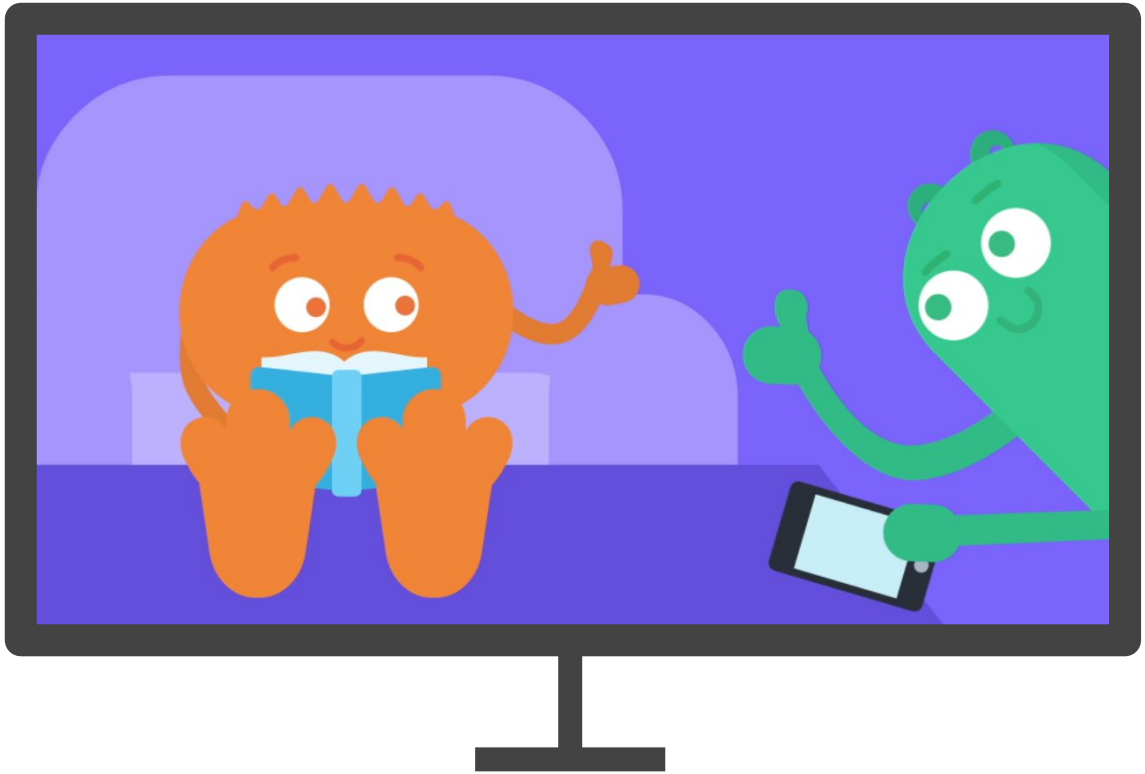
Why should you ask permission before taking someone's phone?



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Lesson Activities

REFLECT HANDOUT

Pause & Think Moment

Draw a picture of what media balance looks like in your life.

and

Write about a time when you like to put your technology away!

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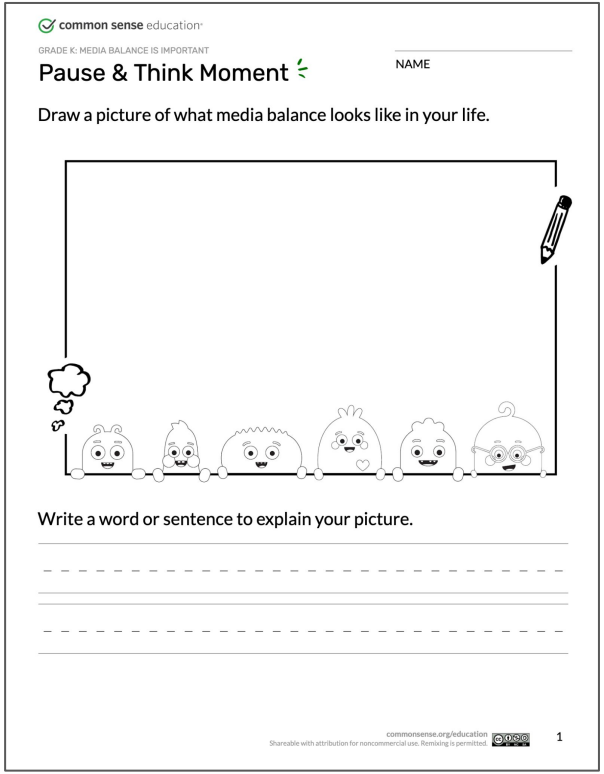
PAUSE & THINK MOMENT

Directions

1. Draw a picture of what media balance looks like in your life.
2. Write a word or sentence to explain your picture.



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GRADE K: MEDIA BALANCE IS IMPORTANT

Pause & Think Moment

NAME

Draw a picture of what media balance looks like in your life.

Write a word or sentence to explain your picture.

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DRAW & TELL

Directions

1. Open the ***Draw & Tell*** app.
2. Select ***blank paper*** .
3. Reflect using your Pause & Think drawing. Use the design tools to create a picture showing an activity you like that does not involve technology.

Video Directions

Family Activity

FAMILY ACTIVITY

KINDERGARTEN: DIGITAL CITIZENSHIP FAMILY ACTIVITY

Media Balance Is Important

Good news:

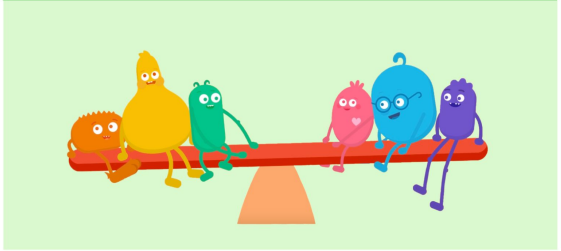
Your kid is learning about media balance! What does that mean? They're learning to ...

- "Pause for people" and stop using devices when someone wants to talk.
- Know when it's time to move their bodies and go outside to play.
- Turn off screens before bedtime.
- Ask before they use a device, and stay on trusted sites and apps.
- Listen to their feelings and tell an adult if something makes them uncomfortable.

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.commonsense.org/education/videos/media-balance-is-important

Now talk about this together:

1. What was your favorite part of the song and why?
2. How can we work together to have media balance as a family?
3. What would that look like? You can even draw a picture that shows your whole family practicing media balance!



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