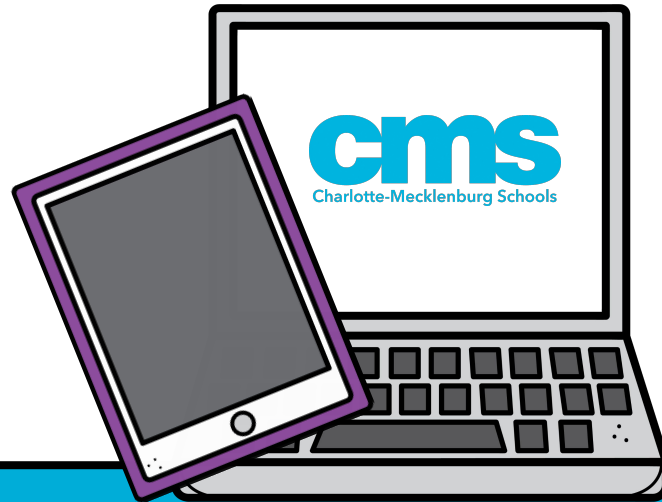


KINDERGARTEN DIGITAL CITIZENSHIP

PAUSE FOR PEOPLE



OBJECTIVES

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

- Learn why it's important to be aware and respectful of people while using devices.
- Learn the Pause, Breathe, Finish Up routine as a self-regulation strategy for transitioning from technology to face-to-face interactions.

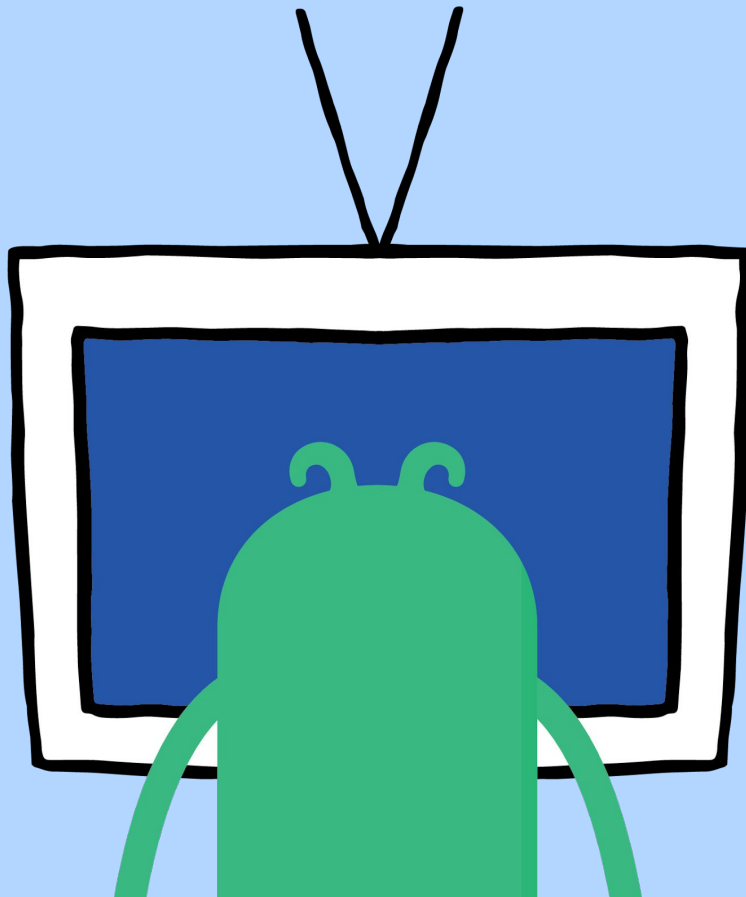


Have you ever been watching
tv and a grown-up asked you
to stop? How did it make you
feel?





WARM UP



Lesson



Frustrated

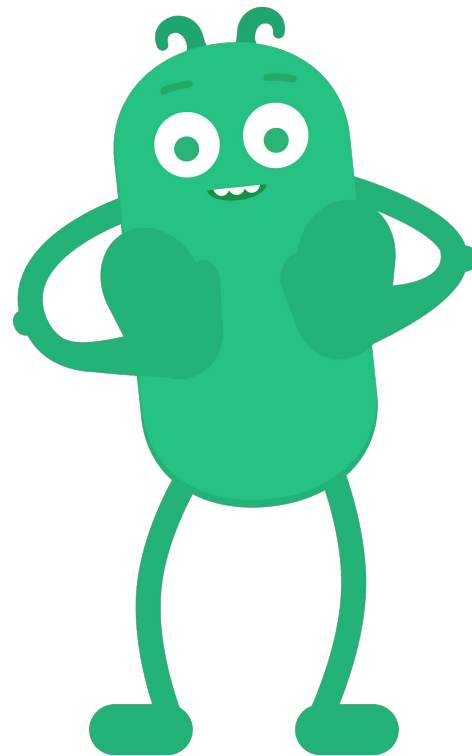
Feeling annoyed





Pause

To stop what you're doing or saying





Device

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





WATCH



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



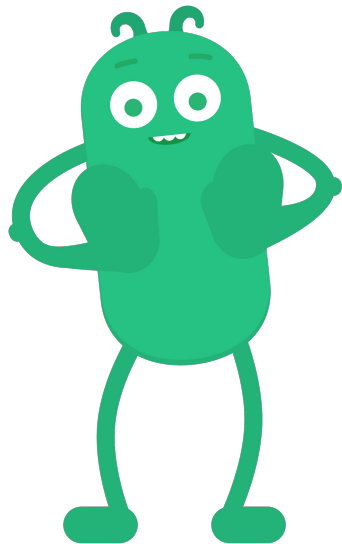
commonsense.org/education

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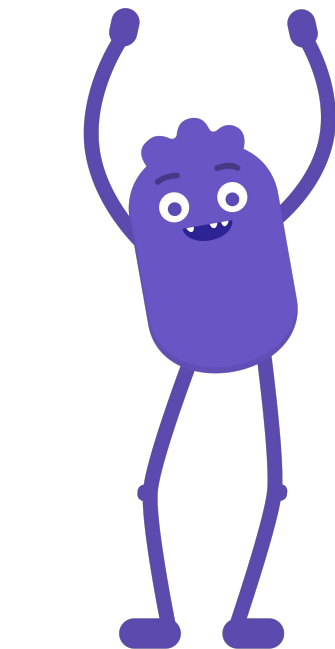
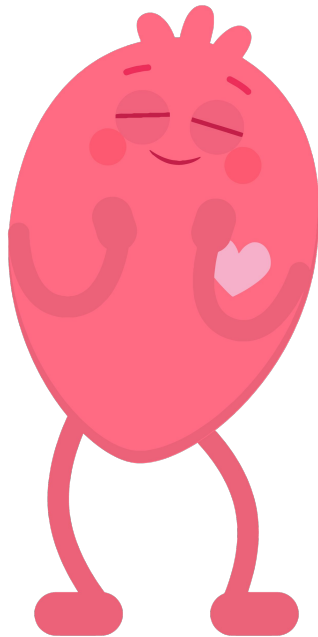


CHANT

Breathe!



Pause!



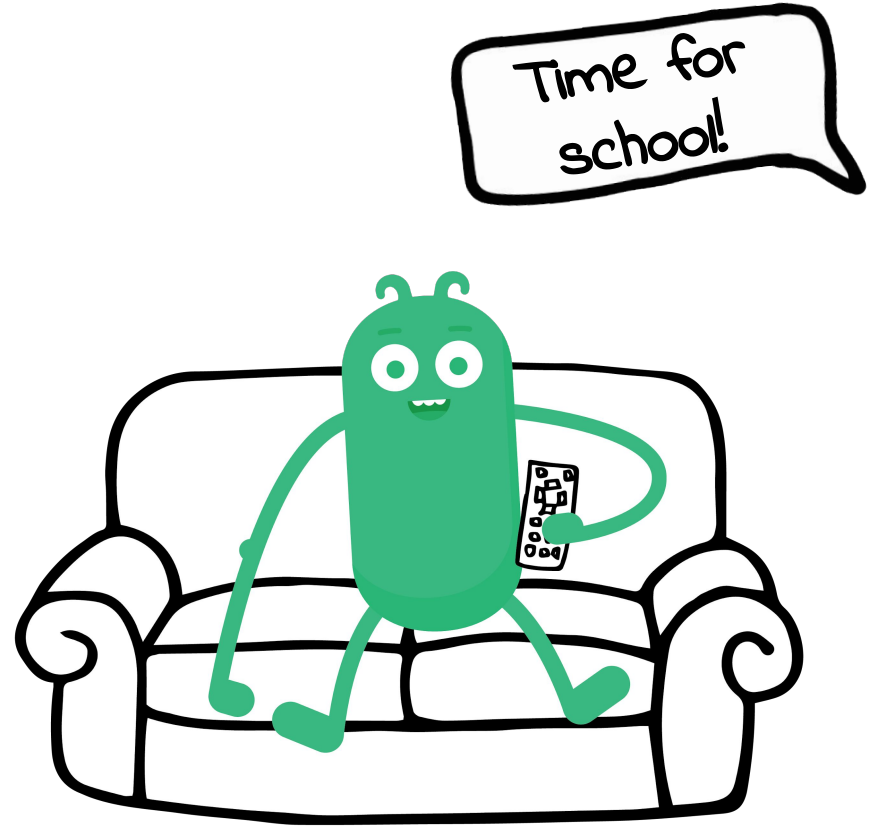
Finish up!





Scene 1

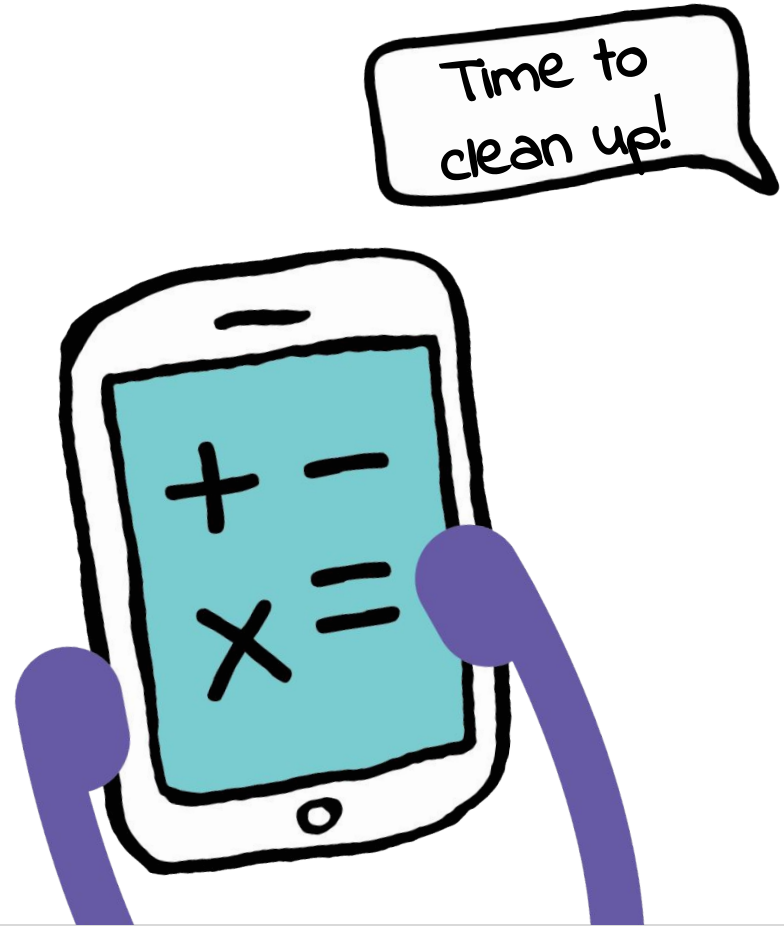
Arms is at home watching TV on the couch. Arms' mom comes in and asks Arms to turn it off because they need to leave for school.





Scene 2

Legs is at school and is playing a math game on a tablet. Legs' teacher says it is time to clean up and get ready for recess.





Scene 3

Feet is at school working on an art project on a computer. While working, Feet's teacher starts talking because he wants to remind students that when they are done, they should print it out and place it in their folder.

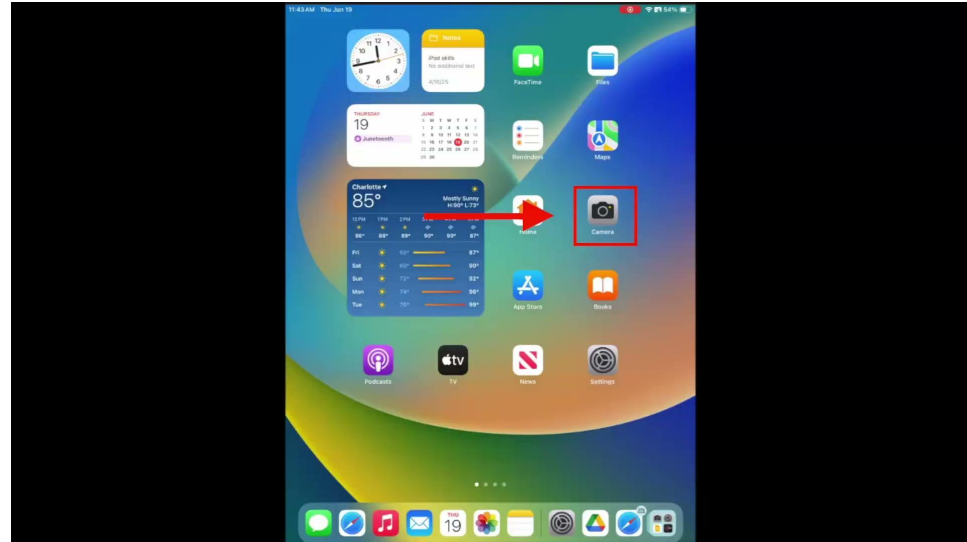


Lesson Activities

RECORD A VIDEO

Directions

1. Open the ***Camera*** app.
2. Select ***Video***.
3. Tap the red record button.
4. Work with your group to take a video acting out the different ***Pause, Breathe, Finish Up*** scenes.



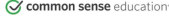
Video Directions

Lesson Extension


PAUSE & THINK MOMENT

Directions

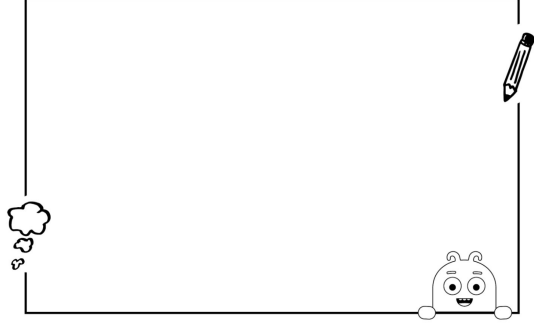
1. Draw yourself doing the Pause, Breathe, and Finish Up routine!
2. Write a word or sentence to explain your picture.

 common sense education®


GRADE K: PAUSE FOR PEOPLE


Pause & Think Moment  NAME _____

Draw yourself doing the Pause, Breathe, and Finish Up routine!



Write a word or sentence to explain your picture.

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

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1

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.

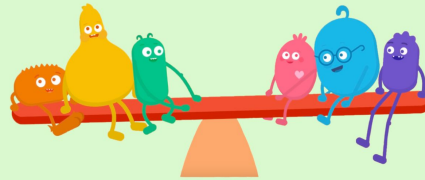


Check out the music video featuring our favorite digital citizenship friends!

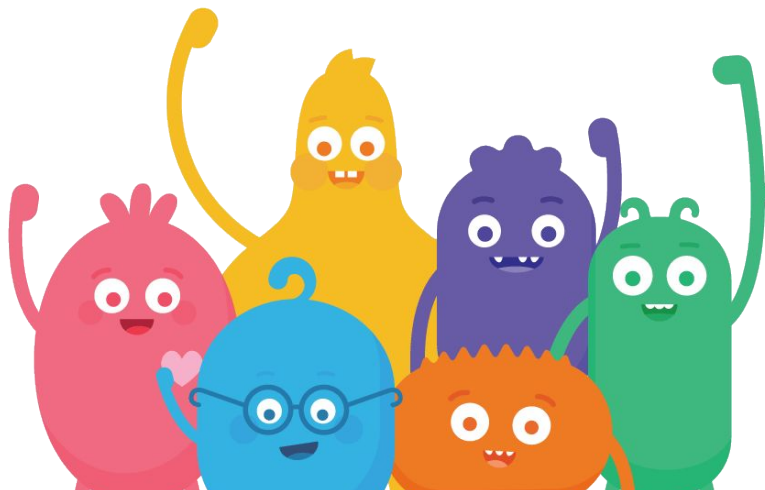
Watch it together (turn on captions so you can see the lyrics), and sing along!
<https://www.commonsense.org/education/Videos/media-balance-is-important>

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!



We find balance
in our digital lives.



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