

THE MINDFUL SCHOOL

Student Lessons



CONCEPT:

DIGITAL USE REMINDERS

EXERCISE NAME:

SCREEN TIME REMINDERS

EXPLANATION:

VISUAL REMINDERS CAN BE A GREAT METHOD TO USE TO BECOME MORE AWARE OF SCREEN TIME. STUDENTS WILL GAIN INTERNAL CONTROLS BY SETTING THEIR OWN SCREEN TIME, INSTEAD OF AN ADULT.

METHODOLOGY

- BEGIN WITH A CLASS DISCUSSION ABOUT HOW MUCH TIME THE CHILDREN SPEND ON SCREENS EACH DAY- THEIR PHONES, TABLETS, COMPUTERS, TV ETC.
- ASK THE CHILDREN IF THEY NOTICE THE TIME PASSING OR NOT. TALK ABOUT HOW WE CAN CONTROL OUR OWN SCREEN TIME BY USING REMINDERS TO SWITCH OFF. GET THE CHILDREN TO LIST THEIR PERSONAL LIMITS FOR THEIR SCREEN TIME AND SET THEIR GOALS.
- WITH THE STICKERS CREATED, STUDENTS CAN STICK THESE REMINDERS ON THEIR DEVICES AT HOME. FOLLOW UP WITH A DISCUSSION THE NEXT WEEK TO SEE IF THEY HAVE MADE A DIFFERENCE WITH THEIR SCREEN TIME.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"DID THE REMINDERS WORK?"

"HOW DOES IT FEEL TO DECIDE FOR YOURSELF WHEN TO TURN THE TELEVISION OFF?"

REFERENCES: ORIGINAL

LESSON #:

2

LESSON RESOURCES

UNPLUG!

**DO NOT EAT
WHILE
LOOKING AT
THE SCREEN**

**DECIDE WHAT
TO WATCH!
JUST WATCH IT**

**LOOK AT
THE
CLOCK!**

**SLOW
DOWN!**

**MANAGE
YOUR
SCREEN
TIME!**





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THE MINDFUL SCHOOL STICKERS



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