

THE MINDFUL SCHOOL

Student Lessons



CONCEPT:

RECOGNISING THE DESIRE TO USE EXCESSIVE TECHNOLOGY

EXERCISE NAME:

TECHNOFROG AND TECHNOSAUR

EXPLANATION:

IN THIS EXERCISE, STUDENTS WILL LEARN TO IDENTIFY THEIR WANTS AND IMPULSES.

AS CHILDREN TODAY HAVE SUCH EASY ACCESS TO THE ONLINE AND DIGITAL WORLD, THE INTENTION OF THIS ACTIVITY IS TO TRY TO CREATE A MOMENT OF SPACE BETWEEN THEIR BEHAVIOUR AND THEIR EMOTIONS.

METHODOLOGY

- ASK THE CHILDREN HOW OFTEN THEY HAVE A SUDDEN DESIRE TO USE A FORM OF TECHNOLOGY. DISCUSS THE LANGUAGE OF 'WANTS' AND 'IMPULSES'.
- INTRODUCE THE STUDENTS TO THE TWO TECHNO CHARACTERS, TECHNOSAUR AND TECHNOFROG, USING THE RESOURCES PROVIDED.
- CHALLENGE THE STUDENTS TO THIS: WHENEVER THEY WANT TO USE TECHNOLOGY, THEY CAN SAY "TECHNOSAUR CAME TO VISIT".
- WHENEVER THEY REALIZE THAT THEY NEED TO USE TECHNOLOGY IN A CONTROLLED MANNER, THEY CAN SAY "TECHNOFROG HAS ARRIVED".
- REVISIT THIS TOPIC AND ASK THE CHILDREN IF THEY USED THIS TECHNIQUE AND IF THEY FOUND IT HELPFUL.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"HOW MANY TIMES DID TECHNOSAUR VISIT YOU YESTERDAY?"

"HOW MANY TIMES DID TECHNOFROG VISIT YOU YESTERDAY?"

"DID YOU FIND IT USEFUL TO USE THESE CHARACTERS TO HELP YOU TO BE MORE MINDFUL WHEN USING TECHNOLOGY?"

REFERENCES:

ADAPTED FROM CONSCIOUS TECHNOLOGY ACTIVITIES WITH GREEN CAN.

LESSON #:

4

LESSON RESOURCES



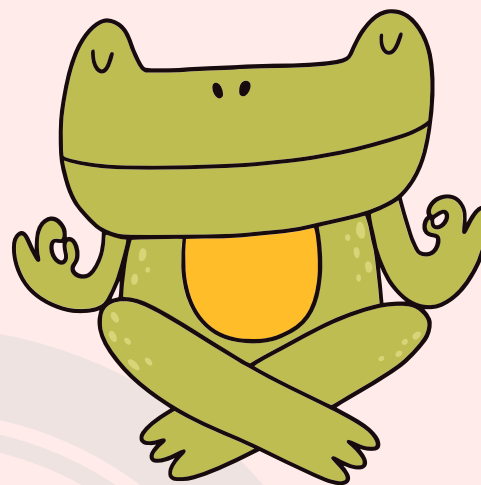
TECHNOSAUR

**IT IS IMMEDIATE.
IT IS DIFFICULT TO
DEAL WITH THIS
REQUEST.**

**IT COMPLETELY
ENGAGES YOU.**

**WHENEVER YOU
WANT TO
PLAY A DIGITAL GAME**

**IMAGINE
THE DINOSAUR
KNOCKING ON
YOUR DOOR. DECIDE
HOW MANY
VISITORS
YOU HAVE
AT YOUR HOME**



TECHNOFROG

**IT TELLS YOU THAT
YOU HAVE HAD
ENOUGH TIME ON
THE SCREEN.**

**IT GIVES YOU
CONTROL.**

**IT STRENGTHENS
YOUR ATTENTION.**

**IT HELPS YOU
SPEND YOUR DAY
EFFICIENTLY.**

