

# THE MINDFUL SCHOOL

## Student Lessons-LEVEL 1



CONCEPT:

WHAT IS TECHNOLOGY ADDICTION?

EXERCISE NAME:

I UNDERSTAND TECHNOLOGY ADDICTION

EXPLANATION:

AT THIS AGE, STUDENTS MAY NOT KNOW WHAT TECHNOLOGY ADDICTION MEANS. IT IS IMPORTANT FOR THEM TO LEARN THIS TERM SO THAT THEY CAN APPROACH TECHNOLOGY WITH AWARENESS.

METHODOLOGY

- INTRODUCE THE RELEVANT EDUCATIONAL POSTER TO THE CHILDREN. DISCUSS THE TERM 'ADDICTION' AND HOW PEOPLE CAN BECOME ADDICTED TO TECHNOLOGY.
- BEFORE ADAPTING MINDFULNESS TO THE USE OF TECHNOLOGY, IT CAN BE CONSIDERED AS AN EXERCISE TO INFORM CHILDREN ABOUT HOW TECHNOLOGY ADDICTION OCCURS AND WHAT NEEDS TO BE DONE.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

HAVE YOU LEARNED WHAT TECHNOLOGY ADDICTION MEANS? NOW IMAGINE THERE IS A NUMBER LINE. HOW MANY POINTS WOULD YOU GIVE YOURSELF ABOUT TECHNOLOGY ADDICTION IN THE RANGE OF 0 TO 10 POINTS?

(0) NOT ADDICTED AT ALL----(5) MODERATELY TECHNOLOGY ADDICTED-----

(10) I AM VERY HIGHLY ADDICTED TO TECHNOLOGY

REFERENCES: TBM GREEN CRESCENT PROGRAM

LESSON #:

1

# LESSON RESOURCES

*What is Addiction?*

*Addiction is when a person is dependent on something, cannot live without it, and is extremely unhappy without it.*

*Technology addiction  
What is it?*

*Technology addiction is the situation when a person loses their awareness while using technology, cannot control themselves and cannot lead a life without it.*



**For example**

*If a child wants to play computer games all the time, they does not attend their classes and their success drops, they is sleepless because of computer games, they stay away from their friends and they have a bad relationship with their family, their mind is always on games when they are not playing, they even eat meals with a computer, tablet, etc. and don't realise how time flies when they are at it.*

**.....THEY ARE A TECHNOLOGY ADDICT!**



# LESSON RESOURCES

