

THE MINDFUL SCHOOL

Student Lessons-LEVEL 1



CONCEPT:

DIGITAL USE REMINDERS

EXERCISE NAME:

I STICK REMINDERS ON SCREENS

EXPLANATION:

STUDENTS KNOW HOW TO USE THE DIGITAL ENVIRONMENT, BUT THEY NEED REMINDERS.

WITH THE STICKERS CREATED, STUDENTS WILL STICK THESE REMINDER STICKERS ON THEIR TELEVISION TABLETS AND COMPUTERS AT HOME.

METHODOLOGY

REMINDING TIPS CAN PREVENT SAYING THE SAME THING CONTINUOUSLY.

ALSO, STUDENTS WILL GAIN INTERNAL CONTROLS BY SETTING THEIR OWN SCREEN USES OR SCREEN TIME, INSTEAD OF AN ADULT.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"WHICH SCREENS DID YOU PASTE THE REMINDERS STICKERS ON?"

"WHAT DID THE REMINDERS REMIND YOU OF?"

REFERENCES: ORIGINAL

LESSON #:

4



- decide what to watch
- decide how long
- unplug
- slow down



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THE MINDFUL SCHOOL STICKERS



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