

THE MINDFUL SCHOOL

Student Lessons-LEVEL 1



CONCEPT:

STEPS ON HOW TO USE DIGITAL MEDIA

EXERCISE NAME:

DIGITAL MEDIA USE AGREEMENT

EXPLANATION:

THESE AGREEMENT STEPS INCLUDE TIPS STUDENTS CAN REMEMBER WHEN LOOKING AT TECHNOLOGICAL SCREENS AT HOME. FAMILIES MUST BE INFORMED ABOUT THIS AGREEMENT. DAILY CHECK-INS CAN BE COMPLETED TO SEE IF STUDENTS ARE ENGAGING WITH THE AGREEMENT.

METHODOLOGY

- TALK TO THE STUDENTS ABOUT WHAT AN AGREEMENT/CONTRACT IS.
- DISCUSS WHAT COULD BE ADDED TO THEIR OWN CONTRACT FOR THEIR DIGITAL MEDIA USE.
- THE CONTRACT CAN BE MADE INDIVIDUALLY OR AS A WHOLE CLASS.
- THE STUDENTS ARE TAUGHT TO FOLLOW THESE STEPS IN DAILY LIFE PRACTICES.
- REVIEW THE AGREEMENT IN THE COURSE RESOURCE IN THE CLASS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

DID YOU TRY TO COMPLY WITH THE DIGITAL USE AGREEMENT?

WHAT ARE THE BENEFITS OF THIS AGREEMENT?

REFERENCES: ORIGINAL

LESSON #:

5

LESSON RESOURCES

Digital Use Contract



- ▶ **DECIDE WHAT TO WATCH.**
- ▶ **LOOK AT THE SCREEN ONLY AT A SPECIAL CORNER OF THE HOME, SO HAVE A DIGITAL CORNER AT HOME.**
- ▶ **DON'T FORGET TO STICK REMINDERS!**
- ▶ **DO NOT EAT WHILE LOOKING AT THE SCREEN, BECAUSE YOU MAY NOT KNOW HOW MUCH YOU EAT.**
- ▶ **FIND YOURSELF A NEW ACTIVITY WHEN YOU FINISH THE GAME OR THE MOVIE.**

