

THE MINDFUL SCHOOL

Student Lessons-LEVEL 1



CONCEPT:

RECOGNIZING THE DESIRE TO USE EXCESSIVE TECHNOLOGY

EXERCISE NAME:

RED CARD GREEN CARD

EXPLANATION:

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

IT IS VERY IMMEDIATE FOR CHILDREN TO START DIGITAL GAMES WHEN THEY WANT TO PLAY DIGITAL GAMES.

WITH THIS WORK, WE WILL TRY TO CREATE A MOMENT OF SPACE BETWEEN THEIR BEHAVIOUR AND THEIR EMOTIONS.

METHODOLOGY

WHENEVER STUDENTS WANT TO LOOK AT THE DIGITAL SCREEN FOR MORE THAN THEIR DAILY USAGE TIME, THEY WILL WARN THEMSELVES BY SAYING "RED CARD".

WHEN THEY REALIZE THAT THEY NEED TO USE TECHNOLOGY IN A CONTROLLED WAY AND SAY GOODBYE TO THE SCREEN, THEY WILL BE TRAINED TO SAY "GREEN CARD".

SHOW THE LESSON SOURCE TO INTRODUCE THE CARDS.

REFLECTION QUESTIONS (CHILDREN OR FACILITATOR)

"HOW MANY TIMES DID YOU SHOW YOURSELF A RED CARD YESTERDAY?"

"DID YOU SHOW YOURSELF A GREEN CARD YESTERDAY?"

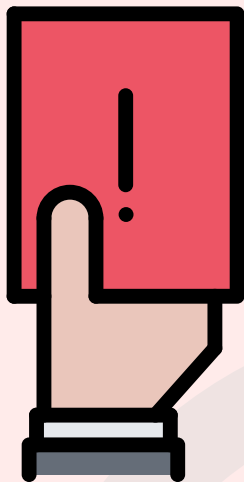
REFERENCES:

ADAPTED FROM CONSCIOUS TECHNOLOGY ACTIVITIES WITH GREEN CAN.

LESSON #:

6

LESSON RESOURCES

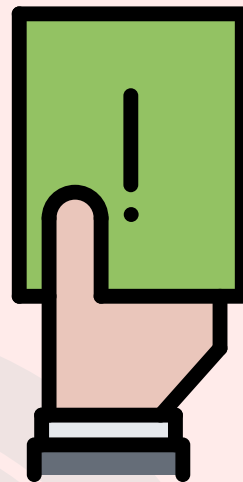


**EVERYONE CAN
SPEND TIME IN
DIGITAL
ENVIRONMENT**

**ONLY IF YOU
EXCEED THE
SCREEN TIME
SUITABLE FOR
YOU**

**YOU MUST SHOW
YOURSELF RED
CARD**

**DON'T FORGET!
YOU CAN CONTROL
YOUR SCREEN TIME.**



**IT TELLS YOU THAT
YOU ARE TAKING
ENOUGH TIME ON
THE SCREEN.**

**IT GIVES YOU
CONTROL.**

**IT STRENGTHENS
YOUR ATTENTION.**

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

