

Screens, media, and mental health

Lesson plans for elementary students

Grades K to 3

Finding Balance in Our Digital Lives

Students consider the ways they spend free time, reflect on their screen use, and learn how to find balance between active, learning, and media activities. **(30 to 60 minutes)**

Wacky Media Songs: Media Health

This lesson includes videos and activities on managing screen time, balancing online and offline lives, and understanding the differences between healthy and unhealthy device use. **(10 to 15 minutes per activity)**

Grades 4 to 6

Game Time

Students consider the positive and negative aspects of video games and are introduced to the idea of balancing game and screen time with other parts of their lives. Students will reflect on their gaming habits and learn techniques that will help them moderate their game play. **(1.5 to 2 hours, spread over 3 sessions)**

Behaving Ethically Online: Ethics and Empathy

Students are introduced to the idea that “hot” emotional states can make it harder for them to control how they act. They will discuss the concept of empathy and how digital communication can make it harder to feel empathy for other people. **(1 to 2 hours)**

Grades 7 and 8

The Disconnection Challenge

Students consider the role of technology and media in their lives and are challenged to spend a week tracking or limiting their media use. Students reflect on their daily media use, how it affects their mood, and whether it made them feel more connected or isolated. After the challenge, they will complete a mindful media plan to help make tech and media part of a balanced life. **(Lesson takes place over two weeks with 3 hours of class time)**

Understanding Cyberbullying: Virtual vs Physical Worlds

Students explore the verbal and visual cues that we rely on to understand how other people are feeling, identify strategies for healthy online communication, and then apply those strategies to create a media product. **(2 to 3 hours)**

To connect with the school health program, contact
schools@peterboroughpublichealth.ca or 705-743-1000.