



**FAMILY ACADEMY**

# Family Empowerment for 21st-Century Learners

THURS, NOVEMBER 2 | 6-7:30 PM



**FEDERAL WAY  
PUBLIC SCHOOLS**



# Young Kids & Screens: Healthy Development in the Digital Age

## How to Use Media and Tech to Build Life Skills in Young Kids



**FEDERAL WAY  
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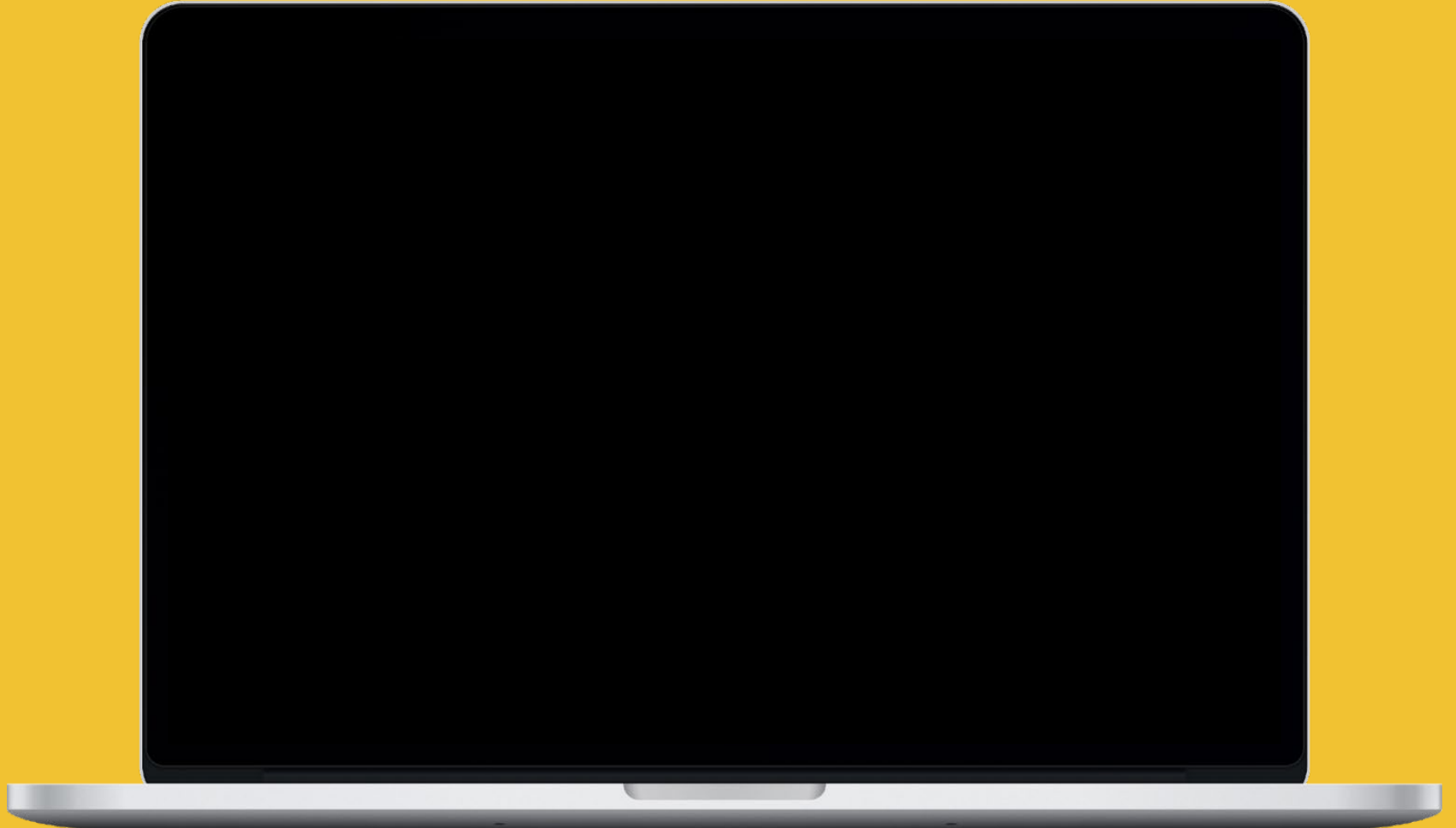
Each Scholar: A voice. A dream. A **BRIGHT** future.

# How to Use Media and Tech to Build Life Skills in Young Kids

In this workshop, we will reflect on:

- Important early childhood skills called "executive functioning."  
The role media and technology play in young children's development.  
How to nurture executive-functioning "life skills" in our children while using media.

To watch this video on the Common Sense website, click [here](#).



# Executive Functioning

Mental skills that help us plan, focus our attention, multitask, control our impulses, work toward goals, and more.

Executive functioning is an important part of early childhood development.



# Three Key Areas of Executive Functioning

**Remembering**  
**Recordando**  
*(working memory)*

The ability to remember something and use it in some way.

*Remembering instructions and following them step-by-step later.*

**Flexible Thinking**  
**Pensamiento Flexible**  
*(cognitive flexibility)*

The ability to switch gears when needed.

*Being able to redirect goals or adapt when switching from one activity to another.*

**Self-Control**  
**Autocontrol**  
*(inhibitory control)*

The ability to ignore distractions and resist temptation.

*Controlling emotions or impulses.  
Focusing on one thing before shifting to something else.*
















## Life Skills Bingo

### Remembering

### Flexible Thinking

### Self-Control

 <p>Remembering the directions to a game</p>	 <p>Playing make-believe</p>	 <p>Waiting patiently for a turn to play</p>	 <p>Making a smooth transition from playtime to snacktime</p>
 <p>Singing along to songs</p>	 <p>Staying focused, even with distractions</p>	 <p>Talking about what happened in a TV show</p>	 <p>Finishing a task</p>
 <p>Sorting toys</p>	 <p>Making predictions about what will happen next in a story</p>	 <p>Trying something new</p>	 <p>Raising hand and waiting to be called on</p>
 <p>Playing with other children</p>	 <p>Accepting rules</p>	 <p>Keeping track of their things</p>	 <p>Showing concern for a crying friend</p>



# When kids develop strong executive functioning skills, they are more successful in school and in life.

These skills include:

Focus and resisting distractions.

Working toward goals.

Patience and taking turns.

Switching gears during transitions.

Taking on challenges.

Perspective-taking.

Remembering information.

Making connections.

Critical thinking.



**90% of brain growth happens before kindergarten**



**Why does it matter what content our children are exposed to?**

**How might using multiple devices at the same time affect children's executive functioning skills?**

**How can we, as parents and caregivers, model media and tech use that promotes these important skills?**



## Life Skills Bingo

### Executive Functioning with Media and Tech

<p><b>Remembering</b> <i>(working memory)</i></p> <p>Remembering and working with information.</p>		<p>Media Activities</p> <ul style="list-style-type: none"><li>• Read stories and ask questions.</li><li>•</li><li>•</li><li>•</li></ul>
<p><b>Flexible Thinking</b> <i>(cognitive flexibility)</i></p> <p>Being able to make adjustments.</p>		<p>Media Activities</p> <ul style="list-style-type: none"><li>• Set a timer to clean up.</li><li>•</li><li>•</li><li>•</li></ul>
<p><b>Self-Control</b> <i>(inhibitory control)</i></p> <p>Focusing on a goal by overcoming impulses and distractions.</p>		<p>Media Activities</p> <ul style="list-style-type: none"><li>• Play a game and take turns.</li><li>•</li><li>•</li><li>•</li></ul>

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# Closing Reflection:

*How will you support and nurture your child's development in skill areas that challenge them?*

*Are there media activities you want to try?*

# Artificial Intelligence in Federal Way Public Schools

## *What is Artificial Intelligence:*

- a computer program or app that can perform tasks that typically require human intelligence

## *What is Generative AI*

- a type of AI that can create content, including text, images, and audio

## *What does AI look like in FWPS?*

- Robotics
- Coding
- Computer Programming





# Thank you!



*Please complete this short survey.*

<https://comsen.se/survey>



# Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey:

Scan QR Code:



Or, Visit: [www.fwps.org/FamilyAcademySurvey](http://www.fwps.org/FamilyAcademySurvey)

# Breakout 2 Workshops

Straight A Scholar or Not: Why Your Child Can Benefit  
from Additional Academic Supports | Room 135

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Ready, Set, Kindergarten! | Room 139

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Making the Most of SLCs | Room 150

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Secondary - Artificial Intelligence: Is It Plagiarism? | Room 151