

KSD Digital Citizenship - Strand 1: Media Balance & Well-Being

	<p>Media Balance & Well-Being</p> <p>Family Communication - Sept 19</p>	<p>K-12 Family Engagement Resources</p> <p>https://www.common sense.org/education/toolkit/family-engagement-resources</p>
	<p>Lessons</p>	<p>Grade Level Family Activities & Tips</p>
<p>Kindergarten</p>	<p>Media Balance is Important How do we find a happy balance between our online and offline activities?</p> <p>Pause for People How do you say goodbye to technology when you don't want to?</p>	<p>Family Activity - Kindergarten</p> <p>K-5 Family Tips: Media Balance & Well-Being</p>
<p>Grade 1</p>	<p>Pause & Think Online Why is it important to listen to your feelings when using technology?</p> <p>How Technology Makes You Feel Why is it important to listen to your feelings when using technology?</p>	<p>Family Activity - 1st Grade</p> <p>K-5 Family Tips: Media Balance & Well-Being</p>
<p>Grade 2</p>	<p>We the Digital Citizens How can we be good digital citizens?</p> <p>Device-Free Moments Why is it important that we have device-free moments in our lives?</p>	<p>Family Activity - 2nd Grade</p> <p>K-5 Family Tips: Media Balance & Well-Being</p>
<p>Grade 3</p>	<p>Rings of Responsibility How do digital citizens take responsibility for themselves, their communities, and their world?</p>	<p>Family Activity - Grades 3-5</p> <p>K-5 Family Tips: Media Balance & Well-Being</p>
<p>Grade 4</p>	<p>My Media Choices What makes a healthy media choice?</p>	<p>Family Activity - Grades 3-5</p> <p>K-5 Family Tips: Media Balance & Well-Being</p>
<p>Grade 5</p>	<p>Finding My Media Balance What does media balance mean for me?</p>	<p>Family Activity - Grades 3-5</p> <p>K-5 Family Tips: Media Balance & Well-Being</p>
<p>Grade 6</p>	<p>Finding Balance in a Digital World How do we balance digital media use in our lives?</p>	<p>Family Activity - Grades 6-8</p> <p>Grades 6-12 Family Tips: Media Balance & Well-Being</p>

Grade 7	My Media Use: A Personal Challenge What is your strategy for finding media balance?	Family Activity - Grades 6-8 Grades 6-12 Family Tips: Media Balance & Well-Being
Grade 8	Digital Media and Your Brain How does digital media try to hook you, and what can you do about it?	Family Activity - Grades 6-8 Grades 6-12 Family Tips: Media Balance & Well-Being
Grade 9	My Digital Life Is Like... What is the role of digital media in our lives?	Family Activity - Grades 9-12 Grades 6-12 Family Tips: Media Balance & Well-Being
Grade 10	Social Media and How You Feel How can you use social media in a way that feels positive and healthy?	Family Activity - Grades 9-12 Grades 6-12 Family Tips: Media Balance & Well-Being
Grade 11	Can Media Be Addictive? Are we addicted to our devices and, if so, are companies to blame?	Family Activity - Grades 9-12 Grades 6-12 Family Tips: Media Balance & Well-Being
Grade 12	The Health Effects of Screen Time Can screen time be bad for us?	Family Activity - Grades 9-12 Grades 6-12 Family Tips: Media Balance & Well-Being