

Innovate, Collaborate, Educate: Learning Beyond the Classroom for Future-Ready Families

Thursday, October 24 | 6-7:30 pm







We find balance well-being We find balance in our digital lives.

DIGITAL CITIZENSHIP | GRADE 6

Finding Balance in a Digital World





Essential Question







Learning Objectives



Reflect on common online and offline activities.

Identify ways to "unplug" to maintain balance between online and offline activities.

Use the Digital Habits Checkup routine to create a personal challenge to achieve more media balance.









Discuss:

According to the video, what are some benefits of being connected 24/7?

To watch this video on the Common Sense Education site, click here.



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Content (text, audio, images, video) or devices that allow people to share information, communicate, and collaborate over internet or computer networks.





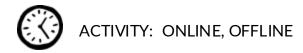


Media balance

Using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.)





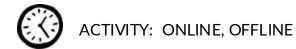


Directions: Part 1

Think about the different activities you do online and offline. Write down as many as you can think of.







Directions: Part 1 (continued)

Review the online and offline activities you wrote down. Circle the two or three activities in each that you do most.









Behaviors we do often or regularly with digital media and devices







Red flag feeling

When something happens on digital media that makes you feel uncomfortable, worried, sad, or anxious







Unplug

To engage in activities that don't involve devices, apps, or the internet

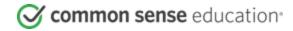




Ways to "Unplug"

1. [Capture student responses here.]





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Breakout 2 Workshops:

Solving Together: Building Mathematical Thinkers at Home Room K102

How to Use Tech and Media to Build Life Skills in Young Minds Room K106

Guiding Your Scholar to Success: Making the Most of SLCs Room K107

IEP Essentials: Navigating Special Education for Your Scholar's Success | Room K103



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