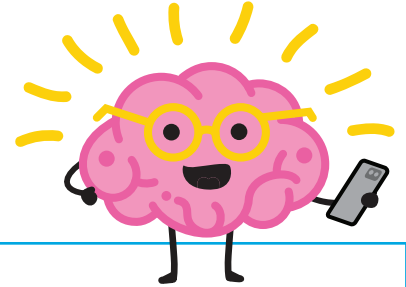


About Technology Overuse - Level 1 Activity Handout



Video Viewing Guide

Do Now: Write 1-2 sentences in the box below in response to the question - **Who here has a tablet or a cellphone? Is it hard to put them away once you start scrolling or playing on it, and why do you think that is?**



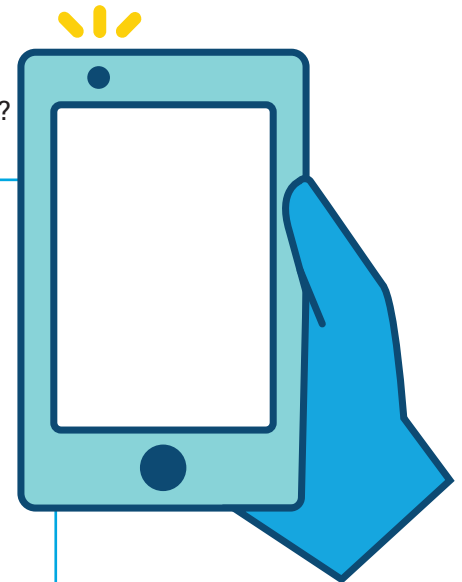
Fill In The Blank

One behavior young people may not realize is risky is using _____ too much.

Do you think YOU overuse your personal technology? Give 1 reason WHY or WHY NOT? _____

Stop and Think...

CFU #1 - Draw your **"Selfie"** and list below- How can taking lots of selfies be risky?
How can it change the way we think about ourselves



Stop and Think...

CFU #2 - Fill in the 2 boxes below.

1. What rules does your house have about technology? 2. What should your digital self-care or Brain Balance Plan include?

What rules does your house have about technology?	What should your digital self-care/ Brain Balance plan include?

Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.

Use the box at the bottom to draw out your thoughts.



Technology is everywhere, even in some of our pockets! The information on our screen may seem constant, there is always more to see or do and may feel stressful. What are some ways you can practice mindfulness, slow your brain down, and focus on one thing at a time?

Handwriting practice area with 15 horizontal blue lines. On the right side, there is a large square box with a decorative orange scalloped border, intended for drawing.

Activity #1 - Independent Practice

Directions: Using the word bank below, complete the following sorting activity - Which things are positive and which are negative for growing your brain?

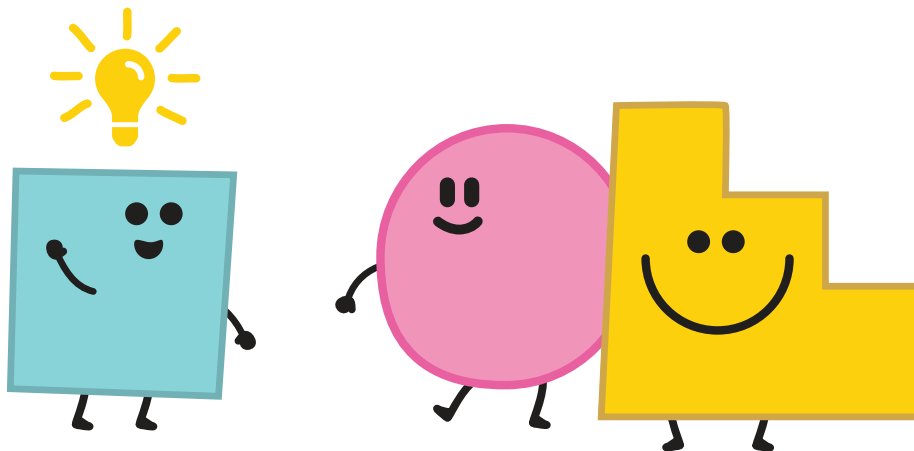
Positive	Negative

Word bank: **reading, social media, being a good friend, using your tablet, playing a sport, being on social media, reading a book, video games**

Activity #2 - Group Activity

(student handout for this might be unnecessary if it is completely teacher directed)

As a class, create a **BRAIN BALANCE RULE** List. Complete a brainstorming list of all the ways you can have balance and practice **MINDFULNESS** to strengthen your frontal lobe while it is growing and developing its brakes.



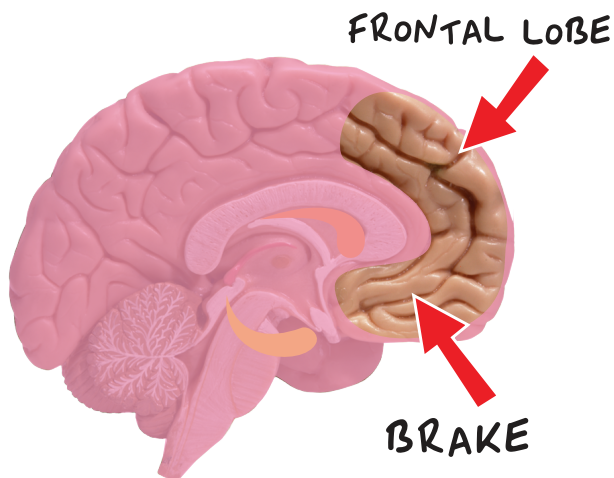
Activity #3 - Extended Learning

Talk with your grown-ups at home about how you can continue to strengthen your Frontal Lobe by using your brakes with a **BRAIN BALANCE PLAN**.

Do your grown-ups need help with this, too?

Maybe you can balance your brains together with a shared activity like following a new recipe from a cookbook and making dinner together!

Make a plan!



Brain Quiz

- 1. True or False:** Using technology too much may be risky to your brain.
- 2. True or False:** Focusing your brain cells on screens instead of connecting with yourself or others may lead to less skills for communicating.
- 3. Fill in the blank:** This happens when our brain cells get used to 'popping' or reacting to stimuli from being plugged into technology too much _____.
- 4. Fill in the blanks:** Research says that people who overuse technology experience less _____ and more.
- 5. Free response:** 'Brain Balance Rule,' which says for every hour of screen time, we engage in an hour of something else to balance out what our brain is using and losing. What can you do to **BALANCE** your screen time?

