



About Technology Overuse - Level 2 Staff Activity Guide

What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find: a Student Video Viewing Guide, Student Activity Guide, and a Brain Quiz with an Answer Guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity.

Viewing the Video:

Without Student Video Viewing Guide - (8 minutes)
With Student Video Viewing Guide - (9-12 minutes)

Student Activities:

Activity #1 Artwork - (10 minutes)
Activity #2 Write About It - (10 minutes)
Activity #3 Group Memory Game - (15-20 minutes)

Brain Quiz:

(5-10 minutes)

Student Video Viewing Guide Strategies:

Before the video (3-5 minutes)

- Have students “popcorn out” (share without raising hand) to get the wheels turning- In what situations could technology be considered a high-risk behavior?
- Ask students to “pair and share” what are strategies for using technology in moderation?

During the video (3-5 minutes)

- Pause the video at times for Checks for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share. Students can complete the brain quiz either during or after the video.



For more information and resources on this topic, please visit BrainAbouts.Org.

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Brain Quiz Answer Key: (5-10 minutes)

1. Research shows that the human attention span has (increased/ decreased) since the year 2000. (Answer: Decreased)
2. The part of the brain that stores memories is called _____. (Answer: c. Hippocampus)
3. Our brain can hold how many bits of information in our working memory? (Answer: a. 7)
4. The mind being so hooked to electronic multi-tasking that the slower paced life offline holds no interest. This condition of the mind is called _____. (Answer: Popcorn Brain)
5. How are addiction scientists used in the creation of games? (Answer: Addiction scientists measure the time in games when dopamine spikes with teenagers and coders put more put more of these moments in video games.)
6. Which is NOT a strategy for keeping your frontal lobe growing and not limited by technology overuse? (Answer: d. Play video games 3-4 hours per day)

Student Activity Options:

Activity #1 Artwork (10 minutes)

- a. Materials Needed: Paper and markers/colored pencils.
- b. Directions: Have each student draw an image or create artwork that explains popcorn brain.
- c. Criteria for Success: Students will be able to identify symptoms and examples of Popcorn Brain. (Ex- Thoughts can rapidly change based off what we see on the internet, not allowing us time to process. May be thinking about homework, a loved one, a recipe, and a place to go after school rapidly).

Activity #2 Write About It (10 minutes)

- a. Materials Needed: Journal or paper and pen.
- b. Prompt/ Directions: Have the students write about the difference between filtered and unfiltered self. When and/ or why would it be beneficial to share your unfiltered self with others?
- c. Criteria for Success: Students can identify examples of filtered/ unfiltered self and give personal reasons to share their unfiltered self. (EX- It will help us like ourselves naturally and be our true selves).

Activity #3 Group Activity Memory Match (15-20 minutes)

- a. Materials Needed: Paper, pen, and scissors.
- b. Divide the class into groups of 2 students (pairs). Have each group take a sheet of paper and cut it into 8 slips. Have the students write the words: Popcorn brain, Hikikimori Syndrome, hippocampus, and iGeneration on each slip of paper. Repeat writing these words on the remaining 4 slips of paper. Turn the 8 slips of paper over. Mix them up and play a memory game. When each player gets a match, both players attempt to define the term and share what they know about the term. Repeat a few times. Player with the most matches wins.
- c. Criteria for success: Students can identify the words and give examples or tell what they know about each word. (EX- Popcorn brain - thoughts going rapidly from one to another, Hikikimori Syndrome - Hippocampus - part of the brain that stores information, iGeneration - Generation who only knows life with the internet).