About Technology Overuse - Level 2 Student Activity Guide



Brain Quiz!

- 1. Research shows that the human attention span has (increased, decreased) since the year 2000.
- 2. The part of the brain that stores memories is called the _____.
 - a. Amygdala
 - b. Frontal Lobe
 - c. Hippocampus
- 3. Our brain can hold up to how many bits of information in our working memory?
 - a. 7
 - b. 5
 - c 14
 - d 3



- 4. The mind being so hooked to electronic multi tasking that the slower paced life offline holds no interest.

 This is condition of the mind is called ______.
- 5. How are addiction scientists used in the creation of games?
- 6. Which is NOT a strategy for keeping your frontal lobe growing and not limited by technology overuse?
 - a. Balance tech time with physical activity and face-to-face interactions
 - b. Give yourself time to allow your mind to wander and daydream
 - c. Practice verbal communication
 - d. Play video games 3-4 hours a day
 - e. Practice doing ONE thing at a time

Activity #1 Artwork: Draw an image or create artwork that explains popcorn brain.

Activity #2 Write About It:

Journal: Write about the difference between filtered and unfiltered self. When and/ or why would it be beneficial to share your unfiltered self with others?

Activity #3 Group Memory Game:

In groups of 2 students. Take a sheet of paper and divide the sheet into 8 equal parts and cut the paper into 8 slips. Write the words: popcorn brain, Hikikimoto Syndrome, hippocampus, IGeneration on each slip of paper. Repeat writing these words on the remaining 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 the game a few times. The player with the most matches wins.

