# About Technology Overuse – Level 3 Student Activity Guide



#### **Think About It:**

1. In what situations could technology be considered a high-risk behavior?

#### 2. What are strategies for using technology in moderation?



- 1. Research shows that the human attention span has (increased, decreased) since the year 2000.
- 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

- 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?

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#### 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.



For more information and resources on this topic, please visit BrainAbouts.org BrainAbouts<sup>\*</sup> is powered by the John Fontaine Jr. Charity