

# DO YOU HAVE TOO MUCH SCREEN TIME?

## Learning objectives:

1. To understand that it is important to take a break from screen time.
2. To think about how they can use a screen positively.

## Keywords:

1. Smartphone
2. Screen time
3. Screen-free

## Feedback | Whole class

Voters see the results and feedback from last week's topic.

## Section 1: 5-7 mins | Pair

Voters are introduced to the ideas in this week's VoteTopic by hearing a story about a child who is using a gadget too much. They discuss key points in the story with a partner.

## Section 2: 2-3 mins | Whole class

Voters hear that adults have been talking about problems that can be caused by using smartphones, in particular screen time. They are introduced to the VoteTopic question "Do you have too much screen time?"

## Section 3: 2-3 mins | Pair

Voters talk with a partner about how they used a screen on the previous day, with emojis to give them ideas.

## Section 4: 6-8 mins | Whole class

Voters learn that there is active screen time and passive screen time. They see a range of screen-based activities, and decide whether each one is active or passive. If they think the screen time is active, they jog on the spot. If they think the screen time is passive, they sit and slump their shoulders.

## Section 5: 5-7 mins | Pair

Voter think about how people can turn to screens when they are bored. They hear from some children who are bored and talk with their partner to discuss how they could swap screen time for a screen-free activity.

## Section 6: 1 min | Individual

Voter think about how they might change their screen time use.

## Voting | Whole class

Voters review the Yes/No arguments before casting their votes. Please login to your VfS account to log votes.