

Lesson Plan

Screen-time and Green Time

Overview

A lesson plan to consider the impacts of screen-time on mental and physical health and the benefits that can be found from green time.

The five dimensions of learning about online safety are:

- *Values, rights and responsibilities*
- *Wellbeing*
- *Respectful relationships*
- *Digital media literacy*
- *Informed and safe use of information and device*

Learning Intention

To understand the implications of too much screen-time on your mental and physical health and wellbeing.

To understand the importance of green time.

Curriculum Links

[ACPPS053/ACPPS054/](#)

[ACPPS055/ACPPS056/](#)

[ACPPS057ACPPS058/](#)

[ACPMP064/ACTDIP022/](#)

Resources

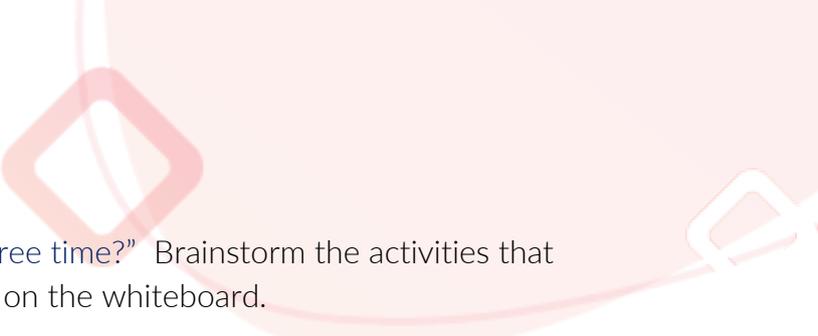
Whiteboard and coloured markers

[DiGii Tutorial- Why does screen-time matter?](#)

My day resource for whiteboard

My day printed resource for each child

Reduce and Replace worksheet

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- 1) Ask: “What do you like doing in your free time?” Brainstorm the activities that children take part in outside of school on the whiteboard.
 - 2) Using a green whiteboard marker, circle all of the activities which would be considered to be green time
 - Walking the dog, going to the beach, playing football, swimming, skateboarding
 - 3) Ask: “what do you notice about the things that have been circled?”
 - They are all activities that involve movement, being outside, no screens etc.
 - 4) Ask: “What counts as screen-time?”
 - TV, tablets, phones, handheld gaming devices, X-Box/PlayStation etc.

Identify that it is easy for the amount of screen-time we have each day to creep up and exceed the recommended levels- especially if we use screens at school too.

- 5) Watch DiGii tutorial- [Why does screen-time matter?](#)
- 6) Partner talk: “Do you have screen-time limits at home? Why are adults concerned with how much screen-time children have? What are the issues related to too much screen-time?”
 - eye health- Game: staring competition. “Look into a partner’s eyes and try not to blink. How does it make your eyes feel when you stare for that long? When we stare at screens we blink far less and this can result in achy and tired eyes.”
 - tech-neck and other posture issues
 - sedentary- lack of movement linked to weight issues like obesity
 - mental health implications with social media use
- 7) Explain that as a class you are going to map out an average Saturday. Take a look at the donut shape which has been split into 24 segments. Write in each segment what you might be doing- e.g. how many segments would you spend sleeping, eating, watching tv, playing x-box, craft, reading, playing sport, etc.
- 8) Children to complete their own chart to map their average Saturday. Write in each segment what they would spend that hour doing. Teacher could display a list on the board to facilitate if necessary.
- 9) Bring the class back together. Go back to the chart that you did on the board as a class and identify which segments are screen time and colour those segments in orange, identify which segments are physical/outdoor activity and colour those in green. Colour sleep segments blue and anything else can be coloured in purple.

10) Children to now go back and colour their own charts in with the colour coding to show screen-time, green-time etc.

11) Review the children's charts. Ask: "Are you happy with the balance of screen-time v green-time? How much do you think is too much? Is all screen-time created equal? What are the benefits of incorporating green time into your day?"

- Explain that the recommended daily screen-time is 2 hours per day. So that's just two of those segments coloured in and covers all the different ways we use screens.
- No- you can be very passive on screens or you can be active and creative.
- Studies have shown people who spend time outdoors are less stressed and anxious so it is good for our mental well-being, as well as our physical health.

12) Ask: "How can we **Reduce** the amount of time we spend on screens?" The best way is to **Replace** that time doing something else instead- catch up with a friend at the park, walk your dog- teach it some new tricks. Go to the skate park or the beach, join a local sports team. There are so many options of other things that you can do with your time.

Reduce and Replace:

- Worksheet for children to complete- write/draw to show how they can reduce their screen-time and by how much, and what it is going to be replaced with instead. Teacher to model example on the whiteboard for the class, e.g. **Reduce**- time spent on social media by one hour and **Replace**- it with doing a yoga class.