[**Saying Goodbye to Technology**](https://www.commonsense.org/education/digital-citizenship/lesson/saying-goodbye-to-technology-quick-activity)

### Lesson Plan from [Common Sense Education](https://www.commonsense.org/education)

**15 mins.**

### **Activity Steps:**

1.

**Ask:** *Have you ever been watching TV when your parent or another grown-up asked you to stop? How did it make you feel?*

Answers will vary, but examples might include mad, sad, or frustrated.

2.

**Say:** *Like many of you shared, it's easy to feel frustrated, or upset, when we are asked to stop doing something when we don't want to. But why do you think it's important to stop what you're doing and* ***pause*** *for people, even if you don't want to?*To **pause** is to stop what you're doing or saying.

Answers will vary, but highlight the following reasons:

* It is important to be respectful and kind.
* Someone may want to tell you something important.
* Someone wants to know you are listening to them.
* You may have something important to do (eat dinner, go somewhere, etc.).

3.

**Say:** *Today we're going to talk about how we can get used to saying "goodbye" to our devices, even when it's hard or frustrating.* A **device** is a piece of electronic equipment like a phone, tablet, or laptop. *Let's start by visiting with our friends, the Digital Citizens. We'll get to see what they do when it's time for them to stop using their devices.*

4.

**Show** the [**Saying Goodbye to Technology**](https://www.commonsense.org/education/videos/saying-goodbye-to-technology) poem video (0:55 minutes).

5.

**Read** the chant (below) from the video with your students. As students read, encourage them to follow along with the actions you model.

**Pause, Breathe, Finish Up**

*Pause!* [hold hands out like you are backing up]

*Breathe!*  [sweep hands up chest]

*Finish Up!* [wave goodbye with both hands]

Note: The [**Poem Poster**](https://docs.google.com/document/d/19vzo6ArGGV64EN8l6H7d5M1qWn6DA7oBoC7mC-ac6gw/edit) is a great resource to print out and post at the front of the class for students to follow along and refer to during the lesson and afterward.

6.

**Say:** *Now let's practice being just like the Digital Citizens you saw in the video by acting out scenes, using the Pause, Breathe, Finish Up routine we just learned.*

Before reading the scenarios, remind students of the **Pause, Breathe, Finish Up** routine so that they are prepared for the skits.

7.

**Say:** *And even if you're not asked to get off your device when someone comes to talk to you, remember to "pause for people" and look up at them! Paying attention to the people around you is an important way to show that you care.*

8.

**Pair** up students and read the following scenarios aloud. For each scenario, have one student play the adult and the other play the Digital Citizen character. Remind students that they should use the Pause, Breathe, Finish Up routine as they act out each scene.

**Scene 1:** *Arms is at home watching TV on the couch. Arms's mom comes in and asks Arms to turn it off because they need to leave for school. Arms wants to keep watching and feels frustrated.*

* Pause: Arms should stop watching TV and look up to listen.
* Breathe: Arms should take a big calming breath.
* Finish Up: Arms should wave goodbye to the show and turn off the TV.

[If time permits] **Scene 2:** *Legs is at school, playing a math game on a table. Legs's teacher says it's time to clean up and get ready for recess. Legs wants to keep playing and feels frustrated.*

* Pause: Legs should stop playing the game and look up at the teacher to listen to the directions.
* Breathe: Legs should take a big calming breath.
* Finish Up: Legs should log off and get ready for recess.

If time permits, distribute the [**Student Handout**](https://docs.google.com/document/d/1M7TLM0crzGTXoqgGddz0lRPScgVTX1HfvLwF_GvJ0RM/edit?usp=sharing) and allow students time to complete the reflection.

9.

Send home the family conversation starter for this activity, available in [**English**](https://docs.google.com/document/d/1f5KjdXQABgXlCoJA90SRmH2qAinz_iFpieYEFDT_Xso/edit?usp=sharing) and [**Spanish**](https://docs.google.com/document/d/1dr-MT8qvB0-n6rTORoLs53sMwRKSJcTAlrmyHnpzpSY/edit?usp=sharing).

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**ITC Dawn’s Suggestions:**

Do this lesson with the whole class to start. Put the poster up in your room. Refer to it with all students prior to iPad time for the next several iPad times.

Make a small version of the poster and attach it to struggling student(s)’ iPads. Talk to them individually about what the mini-poster is for. (Which is...) Whenever you are coming to the end of iPad time, give them a heads up (about 1 minute) prior to telling the whole class when it’s time to get off iPads. This heads up should ask them to review the steps on the mini poster in preparation for the end of iPad time. Once you announce iPad time review the poster with them if needed and lock iPad if needed.

**Possible extensions:**

You can also plan a time each day for the struggling student(s) to listen to the video again on their iPad. You can tell them that once they know the whole poem they can make their own video of it.

Once they know it well, let them make a Flipgrid of them doing the poem. Offer them the option of showing it to the whole class. (Some will find this highly motivating, others will NOT, lol.)

Send home the Conversation Starters either with the whole class or just with the struggling student(s).

Use half of this [Adjusted Student Handout](https://pwcps-my.sharepoint.com/%3Ab%3A/g/personal/williadk1_pwcs_edu/EYcFr_FP5t9EgxqRuWXruzMBD5gg-7Tkh-mB9knlsEWjSg?e=csuUYR) each morning to prep students for when they will need to get off of their iPad.

**About Common Sense Education:**

[Common Sense Education](https://www.commonsense.org/education) has many lesson plans, videos, and activities designed to help students learn to be good digital citizens! Their website it definitely worth exploring.

Want to find resources quickly? On their website, click Digital Citizenship and select All Lesson Plans. This will take you to a list of all their lessons that you can filter by Grade, Topic, Subject, Resource Type, and more!