



## Learning Objectives

- Start to understand how spending too much time online can be detrimental to your health
- Understand that it's important to have a healthy balance in life
- Start to understand concept of time and how much to spend online

Resources	Success Criteria	Key Vocabulary
<ul style="list-style-type: none"> <li>Learning pathway video</li> <li>A clock face which can demonstrate o'clock and half past</li> </ul>	<ul style="list-style-type: none"> <li>I know how much time I should spend online each day</li> <li>I understand that I should take part in a variety of activities every day to help me stay healthy</li> </ul>	<ul style="list-style-type: none"> <li>Time</li> <li>Internet</li> <li>Balance</li> <li>Healthy</li> </ul>

## Main Lesson Sequence (20-30 minutes) – Circle time/discussions

- Explain to the children that we are going to watch a video about Tag the Mouse. He is going to be telling us about the time we spend online. Watch the Learning Pathway Video 'Time online'.
- Ask the children what do they think Tag was doing wrong at the start of the video?
- Ask the children what kind of things they like to do, write these on a whiteboard. Once a wide variety of activities have been collected remind them how good it is that we have such a wide variety of activities. Ask them what we get out of doing these activities – guide their thinking towards answers like 'keep us fit', 'help us make new friends', 'help u to learn new skills' etc.
- Show the children a clock face. You can use this as an opportunity to work on telling the time (o'clock and half past) if the children have some understanding of this. Discuss the types of things we can do in half an hour or an hour e.g. lunch break, a lesson etc.
- Bring the children back to the list of activities that they enjoy doing. Ask them to estimate how long each one takes.
- Focus on playing on the computer/ other device. Ask the children how long they think they spend on the computer/other devices in a day. Explain that they have become a very important part of our lives and remind them of all the good things we achieve from this activity ('help us make new friends', 'help u to learn new skills' etc.). But also explain that we need to be careful not to spend too much time on this activity. Ask the children why they think it is not a good idea to spend too much time on a computer/other device. Try to guide their thinking towards 'sitting down for a long time – no exercise', 'stops us communicating with real people', 'stops us from going outside in the fresh air' etc.
- Explain that between 30 minutes and an hour is long enough to spend on a computer/other device. Remind them what this looks like on a clock.

## Extension Activities

- Children draw picture to illustrate all the things that they like to do (Worksheet 1)
- Children indicate how long they think they spend on each activity (30 minutes or an hour) by colouring in the clock next to the activity (Worksheet 2)