



OVERUSE OF DIGITAL DEVICES



ERIALASID LÕIMIV
ELU.
UUENDUS

SUN SALUTATION

- 1) Take a deep breath.
- 2) Stretch your arms towards the sky and make yourself tall.
- 3) Let your arms come down and let the air fully out of your lungs.
- 4) Do this five times.



Lesson objectives:

I know why overuse of digital devices is bad.

I can find activities for myself instead of using digital devices.

What are digital devices?

Give examples.



What are digital devices?

Give examples.

Which ones do you use?





What do you do in digital devices?



What do you do in digital devices?

What else can you use digital devices for?

Group task

Discuss in a group and
write down your ideas on the
worksheet.

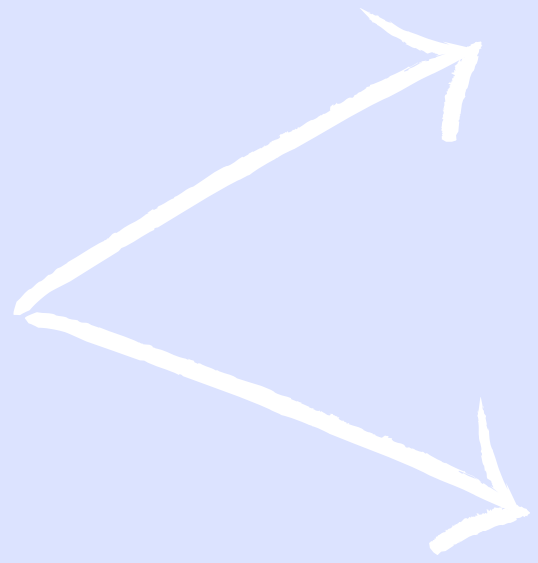
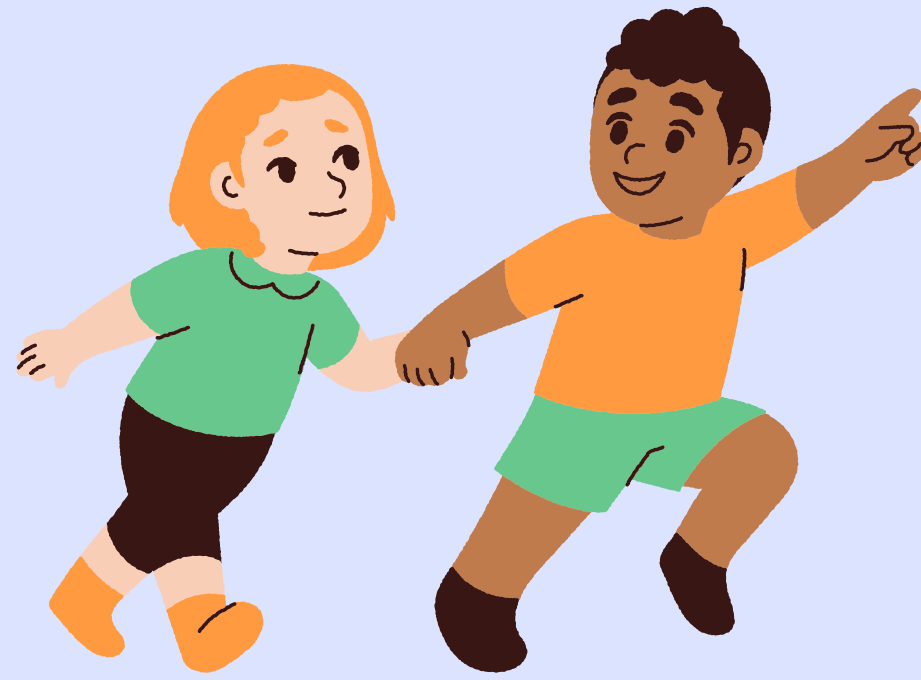


Group task

Let's take turns sharing thoughts.











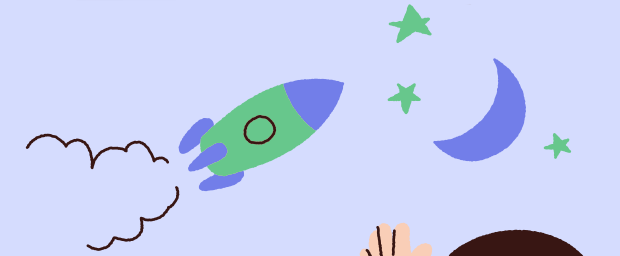
Children who use digital devices for more than 2 hours a day find it harder to concentrate than those who use them for less than 30 minutes.



HARD TO FOCUS



LESS IMAGINATION



LESS TIME FOR FUN
ACTIVITIES



Can you use
digital devices for
only 30 minutes
at a time?



What new
did I learn?



How do you feel when you can't be on a digital device for a long time?



How do you feel when you can't be on a digital device for a long time?

What activities do you like to do when you are bored?

How do you feel when you can't be on a digital device for a long time?

What activities do you like to do when you are bored?

What would happen if you couldn't use a digital device when you're bored?
What would you do?

How do you feel when you can't be on a digital device for a long time?

What activities do you like to do when you are bored?

What would happen if you couldn't use a digital device when you're bored?
What would you do?

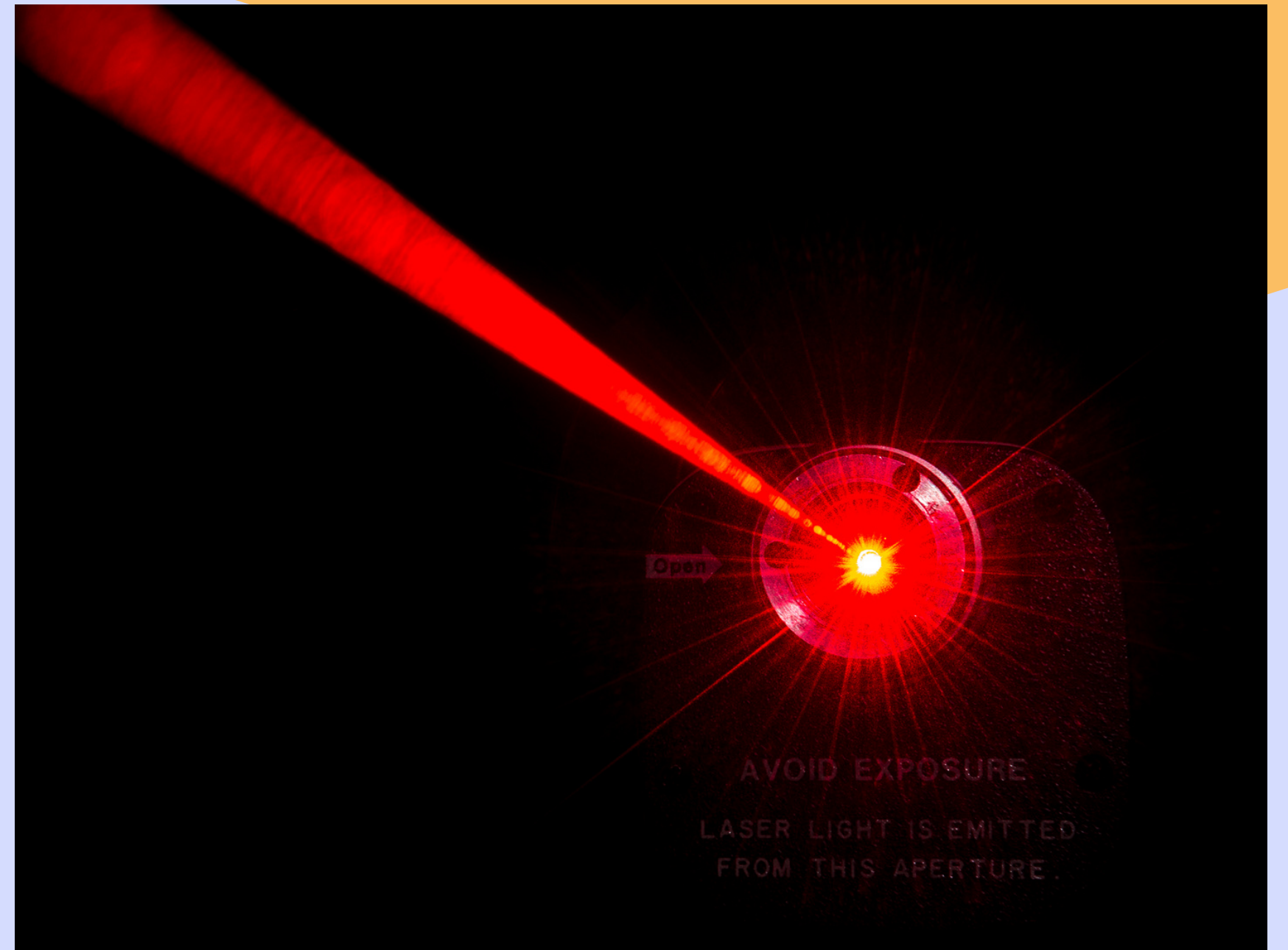
How can you use digital devices in a way that is healthy for you?



RECESS!

Tidy up your desk and find an activity that's not on your smart device.

ATTENTION





What kind of activities do you like to do without digital devices?

Draw.

Listen to the statement.

NO



YES

Lesson objectives:

I know why overuse of digital devices is bad.

I can find activities for myself instead of using digital devices.

ONE QUESTION
THAT CAME UP
DURING THE
LESSON

1

TWO IDEAS YOU
ALREADY KNEW

2

THREE IDEAS THAT
WERE NEW TO YOU

3





Share your thoughts from
today's lesson.



RECESS!

Tidy up your desk and find an activity that's not on your smart device.