



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.

DIGITAL CITIZENSHIP | GRADE 6

Finding Balance in a Digital World

 common sense education®



Essential Question

How do we balance digital media use in our lives?

Learning Objectives

1

Reflect on their common online and offline activities.



2

Analyze and prioritize the activities that are most important to them.



3

Identify ways to "unplug" to maintain balance between online and offline activities.



WATCH + DISCUSS



To watch this video on the Common Sense Education site, click [here](#).

Discuss:

According to the video, what are some benefits of being connected 24/7?



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Digital media

Content (text, audio, images, video) or devices that allow people to share information, communicate, and collaborate over internet or computer networks.



Media balance

Using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.)



ACTIVITY: ONLINE, OFFLINE

Directions: Part 1

Think about the different activities you do online: listening to music, playing games, looking up information, communicating with friends, etc. Write down as many as you can think of.



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ACTIVITY: ONLINE, OFFLINE

Directions: Part 2

Review the online and offline activities you wrote down.

Circle the two or three activities in each that you do most.



Red flag feeling

When something happens on digital media that makes you feel uncomfortable, worried, sad, or anxious



"Unplug"



To engage in activities that don't involve devices, apps, or the internet



REFLECT: THINK, PAIR, SHARE

What are some specific times you might want to "unplug"? How would you know when to do it?

Directions:

1. Take a moment to think silently about these questions.
2. Then, take turns sharing your response with your partner.



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Ways to "Unplug"

1. [Capture student responses here.]



WRAP UP: EXIT TICKET

As soon as Alex wakes up, she 1). checks Snapchat messages. On the school bus, she 2). texts with friends. In class, she 3). does online research for a report. At home, she sits indoors and 4). watches YouTube videos on a laptop while using her cellphone to 5). post on social media, 6). check email, and 7). search for free apps. After dinner, she 8). does homework using a digital textbook. Then she 9). plays video games, makes art, or 10). edits photos until 30 minutes past bedtime.

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