

# LF: How technology affects our wellbeing

Year 6 Lesson 1

# What is 'Digital Wellbeing'?

What does Digital Wellbeing mean to you?

What is it? Do you have any questions about it?

Digital =

Wellbeing =

(Notes are saved in presentation notes)

# Tech talk (10mins)

What sort of things do you enjoy doing (on or off screen)

How else do you enjoy technology?

Online

Offline



# Tech talk: scenarios

Read the below scenarios out loud. Discuss how these scenarios might make these people feel. What's your opinion? Are there other answers? (there is no single correct answer.) How do these feelings relate to what we know about 'Digital Wellbeing'. Do the scenarios seem to be having a positive effect on 'Digital Wellbeing'? If so, how?

**Scenario one: Jenny does a video chat with her best friend who moved to another city. They tell each other jokes and laugh a lot.**



## Tech talk: scenarios

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**Scenario two: Asha loves to learn new skills. She uses online instruction videos to teach herself computer coding.**



## Tech talk: scenarios

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**Scenario three: Luke gets his best score yet on his favourite computer game.**



# 'How does it make them feel?' (20mins)

How might these situations make these people feel? There isn't one correct answer. How might it affect their Digital Wellbeing? Some situations may involve a mixture of positive and negative consequences, as well as involving conflicting feelings. Together list positive and negatives to highlight that conflicting emotions/feelings **are okay to have**.

- Maria opens her phone and sees there are 400 messages in a group chat.
- Sebastian has been staying up late playing an online game on a school night.
- Rachel scrolls through photos of friends having fun at a party she couldn't go to.



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d. Kathy is at a cafe with friends and they're all on their phones.



e. Tim's friend texts him in the middle of the night with some gossip.

f. Ahmed finds a great music video from a new band he's never heard of before.



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g. Monica is doing research online for a school project but keeps watching cat videos.

h. Fiona is crossing the road to catch the school bus while reading through a funny message thread with her friend on her phone.

i. Charlie reads a piece of very distressing news about something that happened in the UK.



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j. Isabella is learning how to make something cool for her science project from researching videos on the internet.

k. Freddie's close friend moves away to another city. He has a video chat with him to stay in touch.

## 'Plenary' (10mins)

Now, thinking about what we mean by Digital Wellbeing and, referring to the scenarios, reflect on an example of an activity they did using a screen that made you feel:

- proud that you achieved something or learned something new
- that was fun and you enjoyed yourself
- more relaxed and happy

Next, think about two things that you can do to support their own Digital Wellbeing.