# Online and Offline

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Quality Standard Approved

# Aim

- I know how to balance my screen time with other activities and understand why this is important.

# Success Criteria

- I can talk about ways we use the Internet.
- I can explain how too much screen time might make me feel.
- I know how to choose a range of activities to make sure I have a healthy body and mind.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association's Programme of Study.

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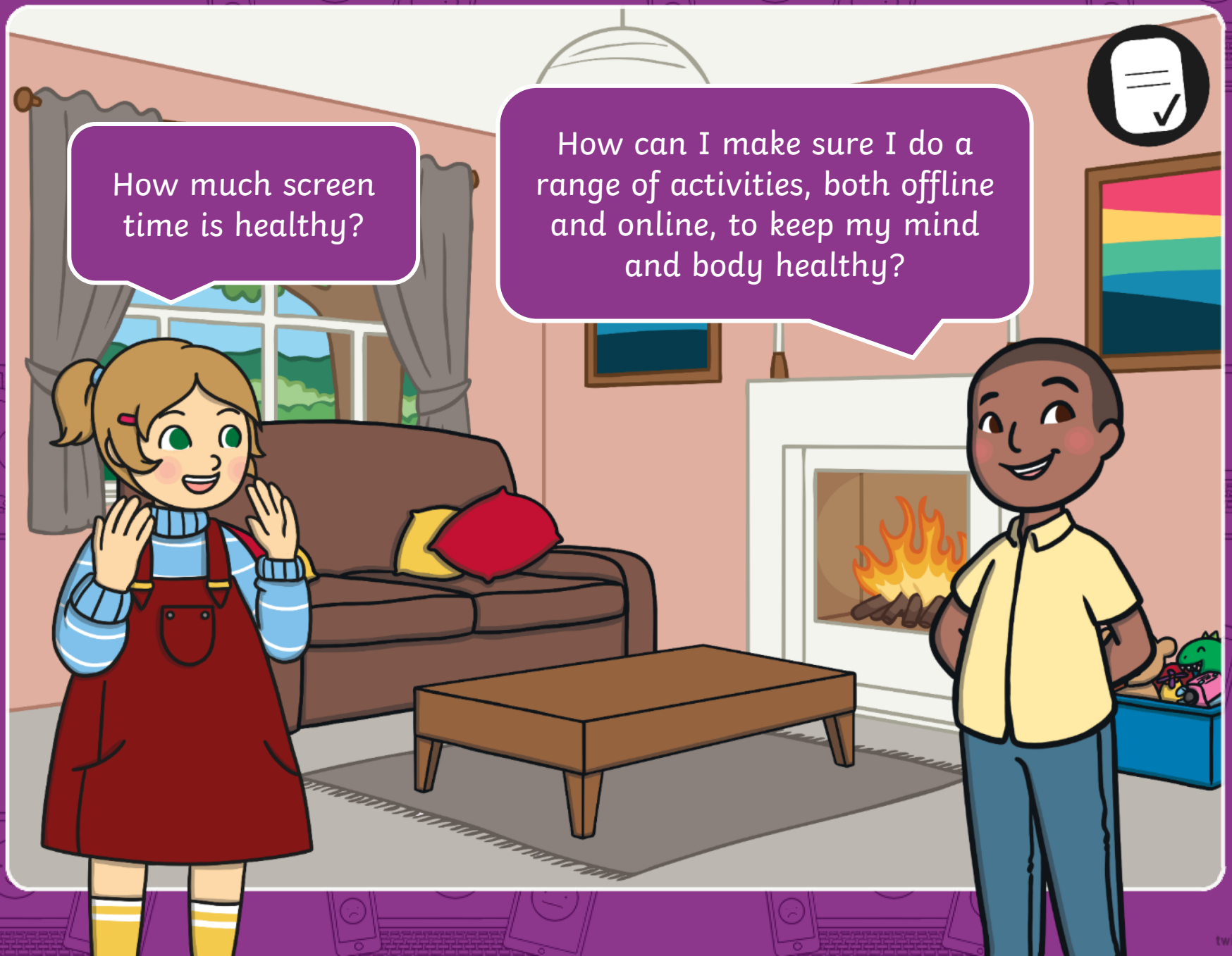
How much screen time is healthy?
How can I make sure I do a range of activities, both offline and online, to keep my mind and body healthy?

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# A Healthy Balance

Whole Class

There are lots of ways we can use the Internet.

We can use it to find information.

We can use it to send messages.

We can use it to play games.

We can use it for our learning.

We can use it to keep in touch with friends and family.

But it is important to remember how to balance our time on the Internet with other activities. This way we can make sure our mind and body stay healthy and happy.

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# A Healthy Balance

Looking at screens too close to bedtime can make falling to sleep more difficult.

This helps to keep our mind and body healthy and happy.

Spending too much time online can also mean we miss spending time with our friends and family which might make us feel a bit lonely or sad.

It is important that we recognise the way we feel when we have too much screen time so that we can make sure we are choosing to balance the time we spend online with doing offline activities too.

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# A Healthy Balance

Whole Class

What activities do you like to do that don't involve being online?

We can spend time with family and friends.

We can read books.

We can play with our toys.

We can design and make things.

We can enjoy nature.

We can dance.

We can sing.

We can play or listen to music.

We can spend time being quiet, calm and still.

We can do a jigsaw.

It is important that we spend our time doing a range of things. This helps to keep our mind and our body healthy.

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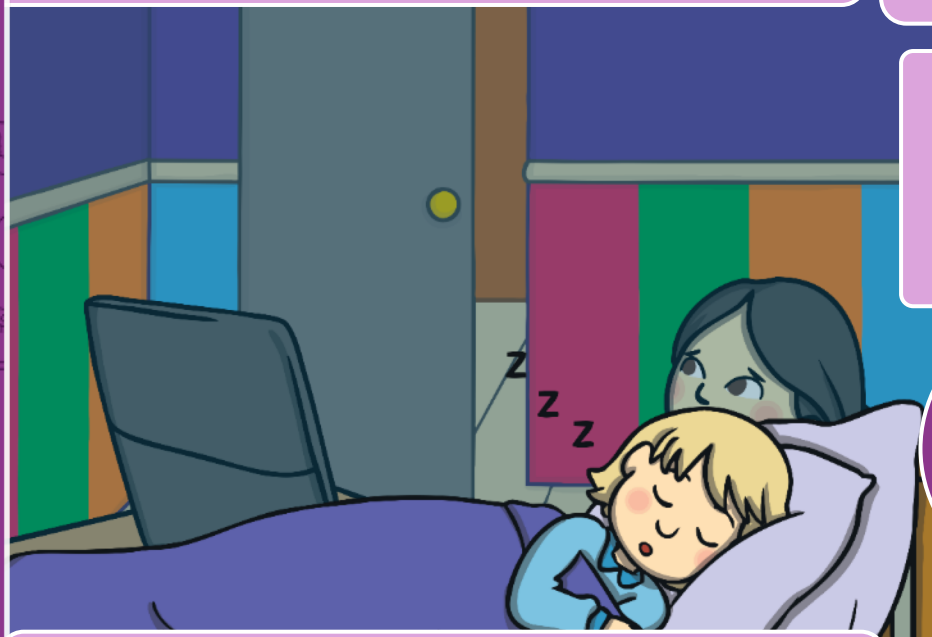
# A Healthy Balance

Whole Class

Remember, if we use our screens too close to bedtime it can make it tricky to fall asleep.

When we have had a busy day doing a range of different things, we need a good night's sleep.




Children between the ages of 5 and 7 years old need about eleven hours sleep a night.

What bedtime activities help you feel ready to drift off to sleep?

When we feel well rested we:

- can concentrate and learn;
- have fun with friends;
- feel good!

Doing calm activities at bedtime, that don't involve screens, can help us to feel ready for bed.

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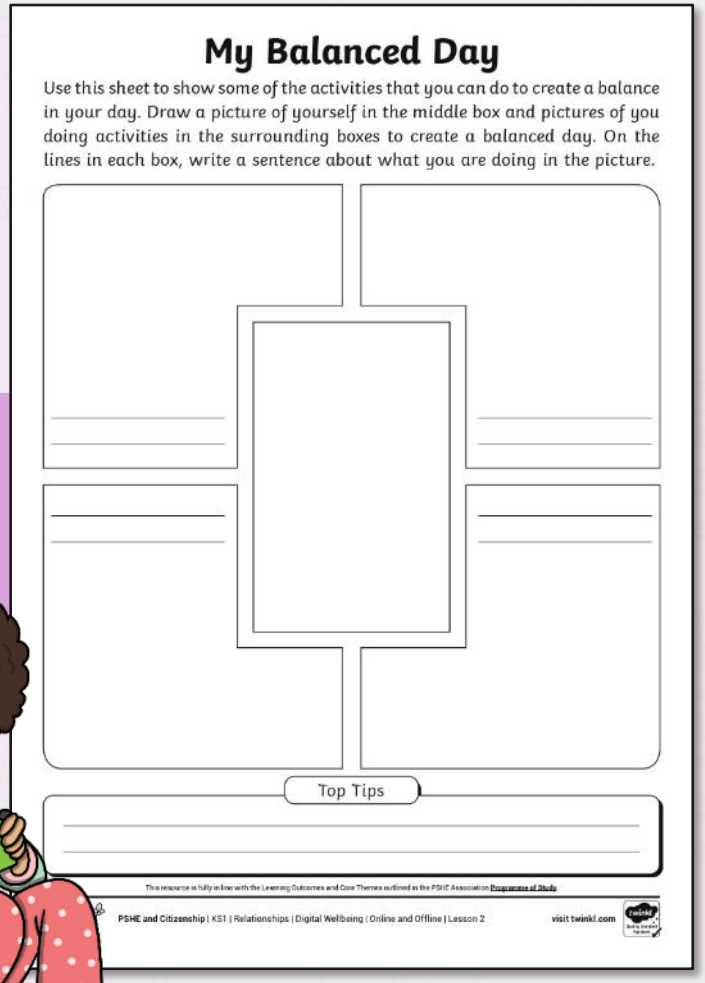
# My Balanced Day

We have thought about the effects of too much screen time and how making sure we spend time doing a range of things during the day can help us.

Show your ideal day full of a range of different activities on you're **My Balanced Day**.



## My Balanced Day

Use this sheet to show some of the activities that you can do to create a balance in your day. Draw a picture of yourself in the middle box and pictures of you doing activities in the surrounding boxes to create a balanced day. On the lines in each box, write a sentence about what you are doing in the picture.

Top Tips

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study

PSHE and Citizenship | KS1 | Relationships | Digital Wellbeing | Online and Offline | Lesson 2

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