

3rd-4th Grade Computer Class

Mrs. Nightingale
April 13-17, 2020

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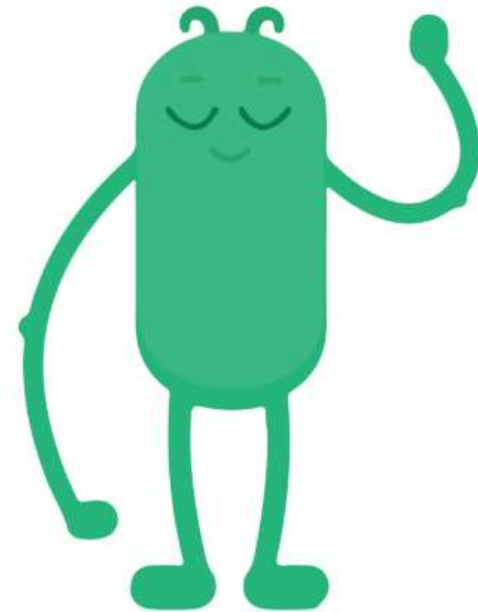
Discuss what media balance means and then discuss the following media balance rules and why they are important.



GROUND RULES

Media Balance Rules

- We pause for people: When someone wants to talk to us, we stop, look up from our screens, and talk to each other.
- Every day we'll do something outside or get moving inside together!
- All meals are device free.



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If you have a computer and internet access, watch this video:

<https://safeyoutube.net/w/MTh3>



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.

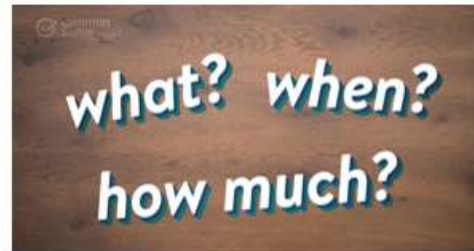
This is a summary of the video if you don't have access to a computer and internet.

What is Media Balance?

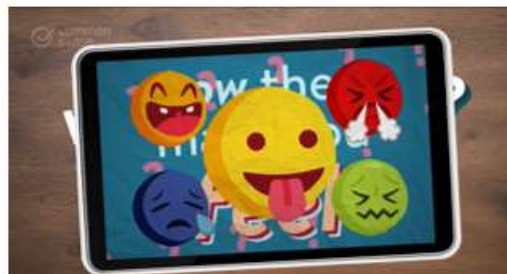
It's about making:



Thinking about:



How they make you feel:



Making healthy media choices is different for everyone.



Sometimes the best media choice might be no media at all.



Optional Activity

If you have access to a computer, you may practice keyboarding at this website: <https://www.typing.com/student/login>

Username: wl-firstname

Password: 1234