

Lower Key Stage 2 E-safety Activity.

This activity will help children to explain why spending too much time using technology can sometimes have a negative impact. They will be able to give some examples of activities where it is easy to spend a lot of time engaged (e.g. games, films, videos etc) and help them to explain simple rules/strategies they use to reduce the impact of these issues.

Questions to ask during the activity:

What are the good things you use technology for?

What makes these things good? (e.g. do they make you feel happy, excited, interested, relaxed? Do they make you laugh or feel part of a group? Do they help you to learn something new?)

How long does it take to do these things? Do some things take longer than others? Which ones?

Which things could you keep doing for a long time without stopping?

Can you say how playing a game for a long time can make your body feel?

Do you notice if a lot of time has passed when you play a game, or watch a video?

What sorts of things do you normally do when you're not at school? (E.g. eat meals, do homework, tidy my room, go to judo lesson, etc.).

Does it matter if you do these things or not?

If a child spends all their time at home playing an online game, could that affect these other things they normally do?

What can a child do about this? (e.g. agree a set time to do the activity; take regular breaks; do homework beforehand etc.)

Activity

Begin by asking your child/ren to write down the top 3 things they like to do online. Then ask them to order the online activities in terms of the one they spend the longest amount of time doing to the shortest. Allow time for children to share their top 3 activities.

Write the following questions on a piece of paper:

What happens to your body when you've been online for too long?



What happens to your device when you've been online for too long?



What happens to your mood when you've been online for too long?



Discuss the 3 questions and record their answers around the outside of each question. Examples might include; Body - headaches, sore eyes, tired Device - it gets hot, runs out of battery. Mood - become irritable or grumpy, short tempered, bored

Give out the sorting cards (You could just discuss them if you don't want to print them!) Ask the children to sort the cards of online use into either 'ok' or 'too long'.

Ok or too long?

30 minutes gaming every day

Why? 

Ok or too long?

Going on a device every night before bed

Why? 

Ok or too long?

Going online all Saturday morning and again straight after lunch

Why? 

Ok or too long?

3 hours online on a Saturday morning

Why? 

Ok or too long?

2 hours online one evening doing homework

Why? 

Ok or too long?

Watching 3 episodes of your favourite programme online in a row

Why? 

Ok or too long?

Gaming all evening after dinner and homework

Why? 

Ok or too long?

Continuing to watch videos online when you have a headache

Why? 

Ok or too long?

Plugging your tablet in to charge so you can keep gaming as the battery is now low

Why? 

Ok or too long?

Watching all the funny videos your friend told you about in one go

Why? 

Ok or too long?

Going on your tablet every day

Why? 

Ok or too long?

Forgetting to do something because you are gaming

Why? 

Ok or too long?

Spending an hour on skype speaking to your grandparents

Why? 

Ok or too long?

Spending all weekend trying to beat your top score on a game

Why? 