

## Upper Key Stage 2 E-Safety Activity.

Following this activity, your child/ren should be able to assess and action different strategies to limit the impact of technology on their health (e.g. night-shift mode, regular breaks, correct posture, sleep, diet and exercise).

### Questions to ask during the activity.

How do you think technology and the internet might affect... your sleep? Your eyesight? Your mood? Your physical health? Your mental health? Your concentration?

What ways do you know of limiting the impact of technology on the above?

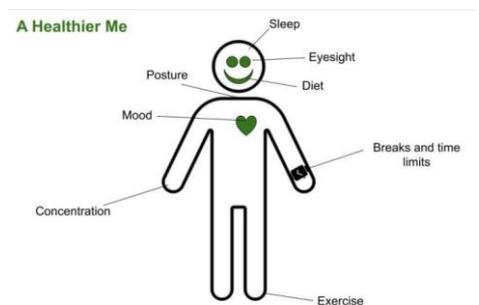
How did you learn these methods?

Do they work/are they effective?

Can technology be used to improve health? How?

### Activity

Using large sheets of paper and marker pens to draw around a child's body to create an outline ( You could make a mini one if you wish!) and label it as 'A Healthier Me'.



Ask children to identify one health risk linked to technology use for each of the eight areas (e.g. eyesight = tired eyes/eye strain/headaches from looking at a screen, diet = eating unhealthy snacks while gaming/skipping breakfast before school to check my phone, etc.).

For each risk, can they think of a possible strategy to manage/change/prevent this activity? (e.g. eyesight = follow the 20:20:20 rule, limit screen use per day or at times of day, diet = choose healthy snacks to eat when gaming/don't snack at all when playing, make a morning timetable to follow to help make sure you eat breakfast before you check your phone, etc.)

Additionally, get them to think about and record any ways that technology can be a positive tool in managing these risks (e.g. timers/alarms on devices to alert you, leave a message/note to remind you, etc.) Are there other people that can help you? How? (e.g. parents can give reminders, friends could message you at certain times, etc.) Ask children to record these ideas on the labels and place/stick them next to the corresponding area on the body outline. Were there any areas that you found hard to cover?

Label examples:

Ages 7-11

<b>Health risk</b>	Eye strain and headaches
<b>What I could do</b>	20:20:20 rule, only watch one hour of YouTube a day.
<b>Things/people that could help me</b>	Timer on my phone, parents (remind me), make YouTube playlist.

<b>Health risk</b>	
<b>What I could do</b>	
<b>Things/people that could help me</b>	

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<b>What I could do</b>	
<b>Things/people that could help me</b>	

A plan for a healthier me:

To look after...	I plan to...	Who/what can help me and how?
<b>Example:</b> My eyesight	<ul style="list-style-type: none"> <li>• Take a break every 30 minutes.</li> <li>• Watch no more than one hour of YouTube a day.</li> <li>• Only use screens in well lit areas.</li> </ul>	<ul style="list-style-type: none"> <li>• Mum - to remind me, and put devices in places that are well lit.</li> <li>• My phone - set the timer when I start an activity.</li> </ul>

To Look after...	I plan to...	Who/What can help me and how?