

# Year 3 Balance It: Lesson 1



## When Screen Time Goes on Too Long

### Background:

While there are many benefits to screen time, there can be negative effects of spending too much time on devices. The online world is loaded with interesting and entertaining activities designed to capture and hold our attention and often take over many parts of our everyday lives. Much of the time in our day is taken up by screens and devices such as watching TV, surfing the internet, playing computer games and watching videos. There are a lot of fun, educational and relaxing things to do and see online but it is important to consider what is being replaced, or forgotten, when we don't have and use strategies that help us balance our screen time.

<b>Key Concepts</b>	<ol style="list-style-type: none"><li>1. I can identify how spending too much time on devices can impact my wellbeing in negative ways.</li><li>2. I can identify important activities such as exercise and spending time with family and friends that do not involve screen time.</li><li>3. I can describe the benefits of balancing screen time.</li></ol>
<b>Badge Descriptors</b>	<ul style="list-style-type: none"><li>• I can think about how much time I spend on screens and devices.</li><li>• I can describe healthy alternative activities to screen time.</li></ul>

### Glossary

<a href="#">comment</a>	This is the term used whenever a user is replying to a post made by either themselves or somebody else. All comments will appear together with the original post. The end result may look like a discussion.
<a href="#">device</a>	Technology such as mobile phones, tablet computers, games consoles and laptops that have screens and are used to access the internet.
<a href="#">online</a>	When you are working connected to the internet, usually via a website, or on devices such as computers, tablets and mobile phones.
<a href="#">screen time</a>	Any time that is spent looking at digital screens such as mobile phones, computers, tablet computers and games consoles. Screen time can also include television.
<a href="#">slide</a>	Each individual page in a Natterhub lesson is known as a slide. These will show up one at a time and contain the option for pupils to add their own comments.