

Lesson 5: Online Wellbeing

DCE Domain	Health and Wellbeing
Time	45 mins
Grade	Year 4
Learning Outcomes	<ul style="list-style-type: none"> • I am aware of the physical and psychological well-being in a digital world and how to prevent related issues.
Success Criteria	<ul style="list-style-type: none"> <input type="checkbox"/> I can identify the impact of screen time, sound, lighting and posture on my wellbeing. <input type="checkbox"/> I can suggest different ways of preventing the negative impact of screen time, sound, lighting and posture on my wellbeing.
Key terms	<p>Posture - the position in which you sit or stand.</p> <p>Ergonomics design - arranging suitable spaces for the people who use them.</p> <p>Screen time - the time spent using an electronic device.</p>
Description	The students will be reflecting and discussing online wellbeing through a set of pictures depicting various scenarios and then demonstrating their learning in a mind map.
Resources	<ul style="list-style-type: none"> • Power Point • Mind-mapping tool such as SimpleMind • Poster: Healthy Posture Tips https://raisingchildren.net.au/_data/assets/pdf_file/0021/77205/Healthy-posture-for-teenage-screen-time-PIP.pdf • Video: The benefits of good posture http://www.youtube.com/watch?v=OyK0oE5rwFY
Procedure	<p>Introduction:</p> <p>The teacher shows the first slide of the PowerPoint and asks students to comment about it.</p> <p>The teacher explains that this lesson is about wellbeing online.</p> <p>Development:</p> <ol style="list-style-type: none"> 1. The teacher goes through the PowerPoint and discusses the photos. 2. For each image the teacher asks the students: <ul style="list-style-type: none"> • What is the child/adult saying? • What can we suggest? 3. The teacher/students annotate the Power Point accordingly. 4. The teacher asks the students to create a mind map that includes at least three points related to the theme of online wellbeing.

	<p>Conclusion</p> <p>The students present their mind-maps to the class.</p>
Follow-up activity	<p>The students' mind maps can be shared with the rest of the school community. The teacher shares the following video and posters with the parents/guardians of the students:</p> <p>Video:</p> <p>The benefits of good posture:</p> <p>http://www.youtube.com/watch?v=OyK0oE5rwFY</p> <p>Posters:</p> <p>Healthy Posture Tips</p> <p>https://raisingchildren.net.au/_data/assets/pdf_file/0021/77205/Healthy-posture-for-teenage-screen-time-PIP.pdf</p> <p>Ergonomics tips for remote schooling</p> <p>https://uhs.berkeley.edu/sites/default/files/ergonomics_tips_for_home_schooling.pdf</p>