

## Lesson 5: Online Wellbeing

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| <b>DCE Domain</b>        | Health and Wellbeing   |
| <b>Time</b>              | 45 mins  |
| <b>Grade</b>             | Year 4   |
| <b>Learning Outcomes</b> | <ul style="list-style-type: none"> <li>• I am aware of the physical and psychological well-being in a digital world and how to prevent related issues.</li> </ul>  |
| <b>Success Criteria</b>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> I can identify the impact of screen time, sound, lighting and posture on my wellbeing.</li> <li><input type="checkbox"/> I can suggest different ways of preventing the negative impact of screen time, sound, lighting and posture on my wellbeing.</li> </ul>  |
| <b>Key terms</b>         | <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>   |
| <b>Description</b>       | 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.   |
| <b>Resources</b>         | <ul style="list-style-type: none"> <li>• Power Point</li> <li>• Mind-mapping tool such as SimpleMind</li> <li>• Poster: Healthy Posture Tips<br/> <a href="https://raisingchildren.net.au/_data/assets/pdf_file/0017/74060/Posture_s-for-healthy-screen-time-and-screen-use-PIP.pdf">https://raisingchildren.net.au/_data/assets/pdf_file/0017/74060/Posture_s-for-healthy-screen-time-and-screen-use-PIP.pdf</a></li> <li>• Video: The benefits of good posture<br/> <a href="http://www.youtube.com/watch?v=OyK0oE5rwFY">http://www.youtube.com/watch?v=OyK0oE5rwFY</a></li> </ul>   |
| <b>Procedure</b>         | <p><b>Introduction:</b></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><b>Development:</b></p> <ol style="list-style-type: none"> <li>1. The teacher goes through the PowerPoint and discusses the photos.</li> <li>2. For each image the teacher asks the students: <ul style="list-style-type: none"> <li>• What is the child/adult saying?</li> <li>• What can we suggest?</li> </ul> </li> <li>3. The teacher/students annotate the Power Point accordingly.</li> <li>4. The teacher asks the students to create a mind map that includes at least three points related to the theme of online wellbeing.</li> </ol> |

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|                                  | <p><b>Conclusion</b><br/>The students present their mind-maps to the class.</p>  |
| <p><b>Follow-up activity</b></p> | <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><b>Video:</b><br/><b>The benefits of good posture:</b><br/><a href="http://www.youtube.com/watch?v=OyK0oE5rwFY">http://www.youtube.com/watch?v=OyK0oE5rwFY</a></p> <p><b>Posters:</b><br/><b>Healthy Posture Tips</b><br/><a href="https://raisingchildren.net.au/_data/assets/pdf_file/0021/77205/Healthy-posture-for-teenage-screen-time-PIP.pdf">https://raisingchildren.net.au/_data/assets/pdf_file/0021/77205/Healthy-posture-for-teenage-screen-time-PIP.pdf</a></p> <p><b>Ergonomics tips for remote schooling</b><br/><a href="https://uhs.berkeley.edu/sites/default/files/ergonomics_tips_for_home_schooling.pdf">https://uhs.berkeley.edu/sites/default/files/ergonomics_tips_for_home_schooling.pdf</a></p> |