



Video Discussion

**Quick Activity**

What You'll Need: • Video

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video on how we should say goodbye to our devices when we need to.*
2. **Show** the Saying Goodbye to Technology video (0:55 minutes). (Note: The video is also available in Spanish, and you can also use the video player to turn on subtitles.)
3. **Lead** a class discussion exploring the questions below.

Discussion Questions

1. *Do you ever have a hard time pausing when you're in the middle of watching a show or playing a game? If so, why do you think it's hard to pause?*

Sample responses:

- Because you want to try to get to the next level in a game
- Because you want to see what happens next
- Because it's fun

2. *Why do you think it's important to stop what you're doing and pause for people, even if you don't want to?*

Sample responses:

- we should treat others how we want to be treated.
- we should be kind by paying attention to others.
- we should show that friends and family are more important than shows, games, or devices.

