



Video Discussion

What You'll Need: • Video

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video that helps us think about how to find a happy balance between our online and offline activities.*
2. **Show** the Media Balance Is Important video (1:45 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. *What was one thing you learned from the song?*

Sample responses:

- Balancing online and offline activities makes your whole self feel happy.
- Media balance is when we make sure that media and tech use doesn't take over other important things in our lives.
- Sometimes with technology, balancing is hard to do.
- Too much of something can make you feel angry or sad.
- Answers may vary.

2. *Why should you take a break from your device when a friend says "hi"?*

Sample responses:

- To be kind by paying attention to them.
- To show that friends are more important than the device.
- To help them if they are feeling alone.

3. *Why is it a good idea to turn off your device before going to bed?*

Sample responses:

- So you are not distracted.
- So your eyes can get ready for sleep.



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Quick Activity



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