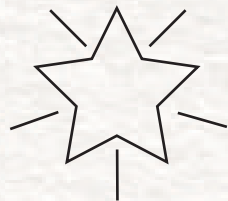
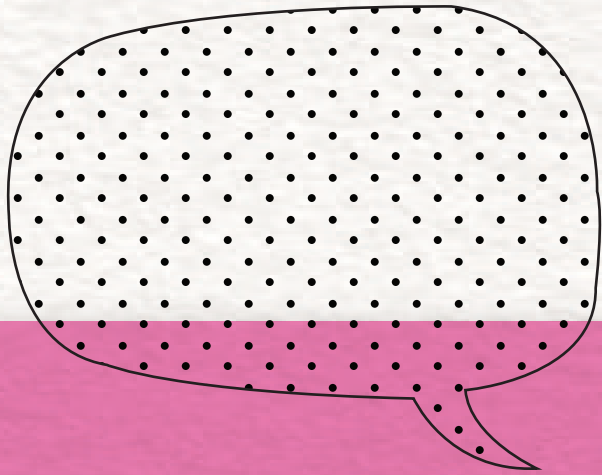


RESILIENCE

Addiction to Technology



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Resilience - Addiction to Technology - Teachers information

What we are learning:

- How to have the **resilience** to control the amount of time spent on technology
- How phone addiction can affect sleep quality, impacting on concentration and memory

Key Information

Using mobiles phones at bedtime should be avoided because:

1. It stimulates the brain, providing it with information and entertainment, which means it will take you longer to fall asleep.
2. The blue light from a phone suppresses melatonin as though you are being exposed to natural daylight, making you feel more alert. This increases the length of time it takes for you to fall asleep.
3. Looking through social media may mean you see something that triggers an emotional response which will prolong falling asleep.



Current screen time recommendations for children

Research now suggests that children under the age of 2 should not have any screen time and those between 3 and 5 should have no more than 1 hour. Young children should be exploring the world around them and observing and imitating the adults around them. Excessive screen time may inhibit a child's ability to observe and experience the typical everyday activities they need to engage with in order to learn about the world, leading to a kind of "tunnel vision", which can be detrimental to overall development.



Did you know?

Teachers information. Information that is shared with the children is at the teacher's discretion

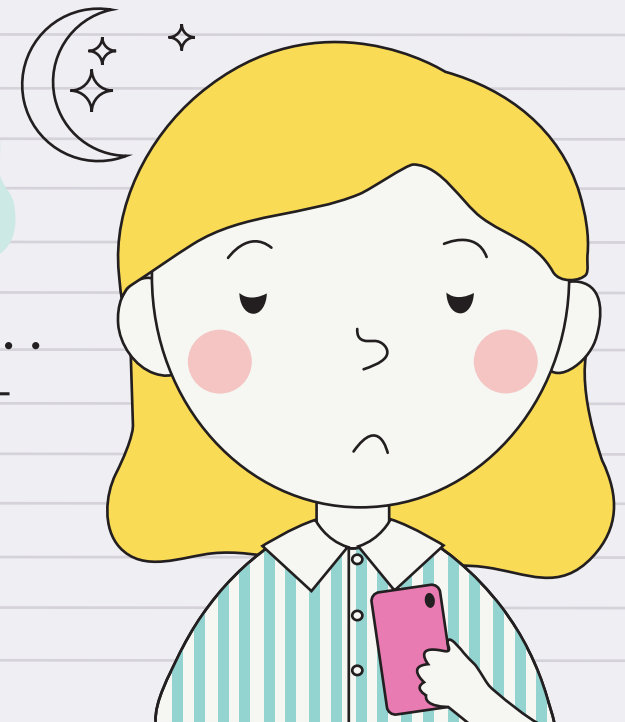
A study from MIT that found that students who were asked to give up their phones for just 24 hours suffered from anxiety and confusion.

A study from the Journal of Computer-Mediated Communication found that some young people suffered from withdrawal symptoms (like increased blood pressure and heart rate) when separated from their phones.

In a recent survey by YouGov (2018), 55% of people have admitted that they can't get through dinner without checking their devices. 65% admit to looking at their phone in bed before going to sleep and 45% said that they go on their phone if they wake up in the night.

Viewing bright screens (as in from a phone, computer or tablet) at night can significantly impact the time we start to feel sleepy and eventually fall asleep. This is because viewing screens increases alertness and inhibits the secretion of melatonin.

Most electronics (smart phones, tablets and computer screens) give off sleep-disrupting blue light. When buying an alarm clock, choose one that has an amber, orange, or red light. This type of warmer light does not stimulate the brain and makes for a more restful night's sleep.



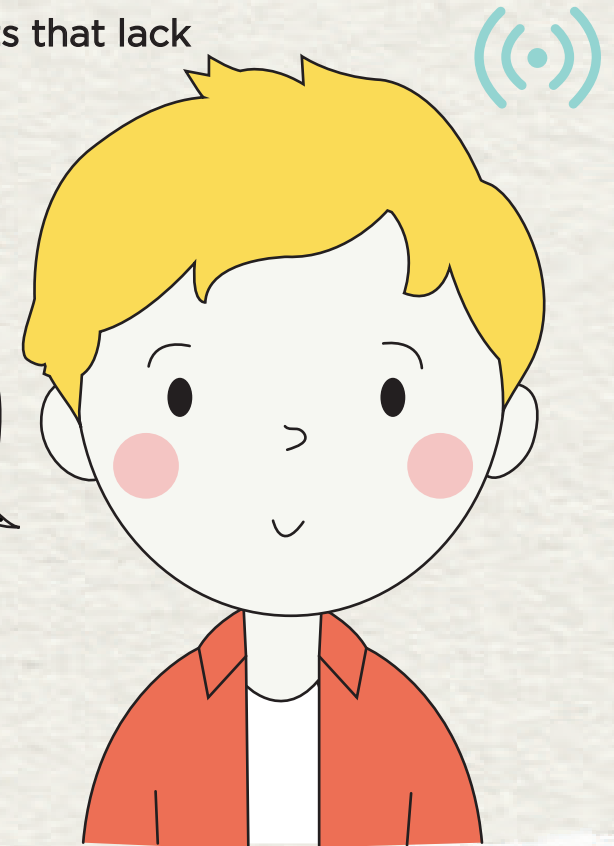
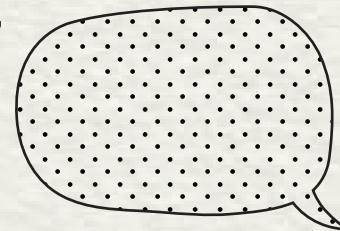
Intended Learning Outcomes

CHARACTER OUTCOMES

- To recognise the importance of resilience when balancing time online with other activities.
- To devise and implement strategies for resiliently managing time online to promote positive mental health (including sleep).
- To recognise that online habits can have both positive and negative effects on a healthy lifestyle and the need for resilience to manage these habits.
- To understand how sleep contributes to a healthy lifestyle and the effects that lack of sleep on the body, feelings, behaviour and ability to learn.

Links to Statutory RSE and Health Education 2019 BEING SAFE

- how to ask for advice or help for themselves or others, and to keep trying until they are heard.
- how to report concerns or abuse, and the vocabulary and confidence needed to do so.
- where to get advice e.g. family, school and/or other sources.



Workshop 5: Resilience - Addiction to Technology

Introduction

What is Resilience?



Resilience is a life skill required in order to achieve our personal goals using self-control. To be resilient means to learn from our mistakes, not giving up and make the necessary changes for personal gain. Like building a muscle, increasing your resilience takes time and intentionality.

What is Addiction?

On average, people spend an average of 2-4 hours per day tapping, typing, and swiping on their devices—that adds up to over 2,600 daily touches. Studies are beginning to show links between smartphone usage and increased levels of anxiety and depression, poor sleep quality, and increased risk of car injury or death.



Workshop 5: Resilience - Addiction to Technology

“The way we spend our time defines who we are”

Character challenge

Do you have the resilience to limit your use of technology?

Technology impacts negatively on your sleep quality. But why is this important? Sleep affects your ability to concentrate as well as retain information.

Challenge 1: Blind Drawing

In this challenge, you are going to try to produce a simple drawing that is being described by one of your friends. However, your concentration is dipping due to not having enough sleep so to represent this, you will have to draw the picture wearing a blindfold.

TEACHER NOTES:

The drawing can be as simple as you want it to be. It could be a stick man, a house or a selection of shapes.

Challenge 2: Kim's Game

In the challenge, the class will need to be split into groups of 6. Each group will be allocated a number 1-5.

Two stations will be set up at the front of the classroom using a selection of 15-20 objects that have been arranged in a specific way. The objects will need to be covered with a large piece of paper/fabric.

The groups that have been given an odd number will in turn send two members to look at the arrangement of the objects for 30 seconds and then return to the group to try to replicate it. Once they have done this, the next pair can look at the arrangement and make any adjustments they see fit. Stop when all three pairs have taken a turn.

The groups that are an even number did not have enough sleep and their memory has been affected. Because of this, they will only have 5 seconds for each pair to look at the arrangement.

Which teams were able to replicate the arrangement of the objects the best?

Repeat the game but swap the teams so that they are able to experience the time restrictions.

TEACHER NOTES:

Discuss the frustration that some of the children may have experienced due to the time restriction. Discuss with children how they could find the resilience to put their phone down in order to get a good night's sleep. Explore how a lack of sleep can affect our ability to be resilient.



Workshop 5: Resilience - Addiction to Technology

Classroom challenge

Present the children with a range of scenarios (See resources section for card suggestions). This can either be done as a full class or as smaller groups using scenarios.

What do the children think about each scenario? The children may relate to some of them.

Normal or addicted? Ask the children to sort the cards into two piles.



But what about us?

Building on the 'honesty' theme in some of the previous workshops, explain to the children that in order for them to not become addicted to technology, they need to be self-aware.

Over the next week, ask the children to keep a 'Technology Diary' where they will make notes about what technology they are using, what time they used it, how long they have used it for and the purpose behind its use. The rationale behind keeping a diary is to draw the children's attention to their own routines and behaviours with regards to use of technology and to reflect on their time online. (Most phones now have a breakdown of daily use and how/when it has been used).

Reflect on the Technology Diaries as a class and allow the children to set their own personal goals.

What advice would they give to the people from the 'addicted' pile? Where could we get advice if we were concerned about our own reliance on technology?



Workshop 5: Resilience - Addiction to Technology

Extension activities:



Explore and research the implications of lack of sleep further. For example, how many hours' sleep should different age groups have? Research other side effects of lack of sleep.

Suggested Resources:

Picture stimulus to draw

A selection of objects - Kim's Game

Scenario cards



Links to other learning

PSHE

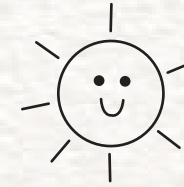
- The importance of sleep

Science

- Animals, including humans (lifestyle and health)



Mindfulness



Suggested Vocab:

Resilience
Self-awareness
Personal goals
Sleep quality
Retain information
Memory
Concentration



Technology diary



Monday	Tuesday	Wednesday	Thursday
Friday	Saturday	Sunday	Notes



MY REFLECTION JOURNAL: WILL-POWER



What does your daily journal say about the amount of time you spend on technology?

What is resilience?



When do you use resilience online?



What could you do to lower your technology usage?

How could you use your resilience to lower technology usage to aid sleeping?



Personal thoughts and notes:



RESOURCES:

Scenario Card Suggestions:

“I Google things I am unsure of.”

“I spend a lot of time thinking about social media.”

“I would rather talk to people rather than text them.”

“Social media stresses me out.”

“I would rather read a book than spend an hour looking at my phone.”

“I can't sleep but I can't not look at my phone at bedtime.”

“I spend a lot of time constantly scrolling through my phone.”

RESOURCES:

“I pick up my phone without realising it.”

“I often forget where I have put my phone.”

“I feel anxious if I don’t have my phone with me.”

“I lose track of time when I have been on my phone.”

“I turn my phone off when I am doing homework or if I am with my family.”

“I want to pick my phone up even though I have just put it down.”

“I use my phone to help me with my homework.”