YEAR 1: DIGITAL CITIZENSHIP FAMILY ACTIVITY

Media Balance Is Important

Good news:

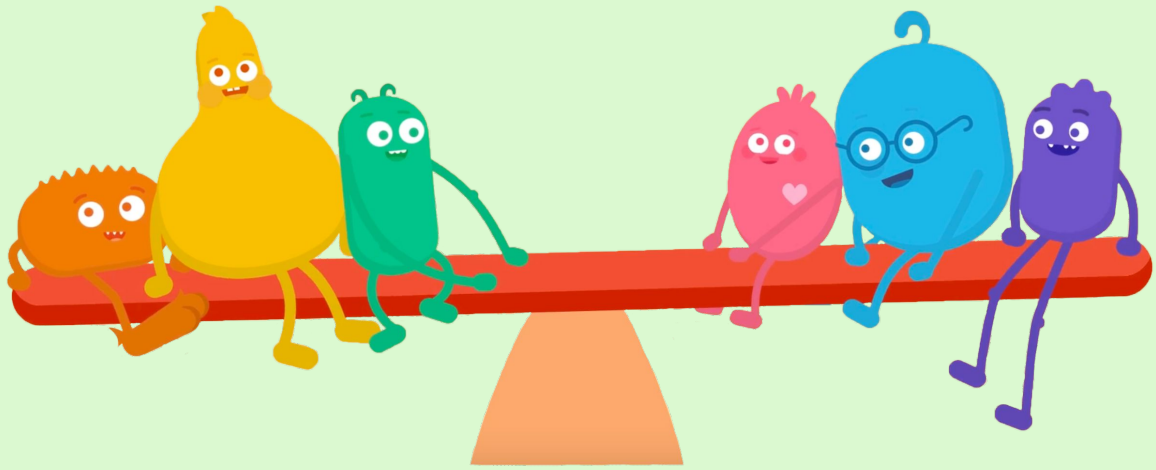
Your child is learning about media balance! What does that mean? They're learning to ...

- "Pause for people" and stop using devices when someone wants to talk.
- Know when it's time to move their bodies and go outside to play.
- Turn off screens before bedtime.
- Ask before they use a device, and stay on trusted sites and apps.
- Listen to their feelings and tell an adult if something makes them uncomfortable.

Check out the music video featuring our favourite digital citizenship friends! Watch it together (turn on captions so you can see the lyrics) and sing along!
https://www.commonsense.org/education/videos/media-balance-is-important

Now talk about this together:

1. What was your favourite part of the song and why?
2. How can we work together to have media balance as a family?
3. What would that look like? You can even draw a picture that shows your whole family practising media balance!



commonsense.org/education/uk/digital-citizenship/resources
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