



Integration Opportunities

Visual Arts 1.10 Examine how artists use computing technologies to create art and question how artists decide when to use computing technologies in their work.

Science 1.1f Have students share observations and data using simple graphs, pictures, drawings, numbers, speech and/or writing with or without computing devices. Evaluate whether using computers helps or hinders communicating what students learn.

English 1.C.1a, 1.C.2a,b Identify daily activities where people often use a computing device (e.g., texting, studying, listening to music) and determine if it is possible to complete each activity without a computer. Use a chart to organize activities by purpose and discuss the pros and cons of using a device to complete each activity.

1.IC.1 Impacts of Computing

The student will describe how computing technologies impact daily tasks and communication. (a) Determine when tasks should be completed with or without computing devices. (b) Describe how computing devices are used in communication. (c) Describe healthy habits for using computing technologies.

Understanding the Standard

Computing technologies are an important part of our daily lives. Whether we're playing games, shopping, watching videos, or communicating with friends online, computers often play a crucial role. However, it's important to recognize that not all tasks require the use of a computer and that we should take care to use computers in a healthy way. To help students develop a deeper understanding of the role of technology in their daily lives they should explore various scenarios and determine when a task requires the use of a computing device. Students can discuss how computers are used for video calls, messaging and sharing information with others. To be responsible computer users, they can also practice screen time management by limiting excessive computer use, demonstrate online safety by protecting personal information, and model digital citizenship by being respectful toward others. Incorporating these healthy habits into our daily routines can facilitate a positive and safe experience with technology.

Term	Definition
Computing device	An electronic device that can store and receive information.
Communication	The act of giving, receiving, or sharing information. (from Common Sense Media).

Prerequisite Knowledge

Students should possess a familiarity with computing devices. They should also have basic knowledge of what is healthy, including eating nutritious foods, getting regular exercise, and building interpersonal relationships.

Summary of a Lesson

Gather the class together for a read-aloud of a digital citizenship-themed book, such as *If You Give a Mouse an iPhone: A Cautionary Tail* by Ann Droyd. Pause at appropriate intervals to discuss what is happening and what the mouse notices (or doesn't notice!) while he is using the iPhone. Introduce the idea that technology can entertain us, help us learn new things, and communicate with other people, but to be truly healthy, we need to balance our time on and off of computing devices. Together, establish norms for using technology, like asking for permission first, pausing and turning attention away from a device, and taking breaks from devices to explore the physical world. Some great additional resources for this come from Common Sense Media: [How Technology Makes You Feel lesson](#); [Pause for People lesson](#).