K.IC.1 Impacts of Computing

> The student will identify and discuss how computing technologies impact people's lives. (a) List computing technologies found in the classroom, home, and the community. (b) Identify how computing technologies are used in daily tasks. (c) Discuss healthy habits for using computing technologies.

Understanding the Standard

Computing technologies are a part of our daily lives, from our classrooms to our homes and in our community. We use computers for all kinds of different things, like learning, playing games, and staying connected with family or friends. Students should explore how computers support and improve home, school, and work activities, but they should also be aware of the dangers of an overreliance on computers, especially when they are not used responsibly. From a young age, students should practice healthy habits for using computers, such as balancing screen time with offline activities and practicing smooth transitions from screen-based to face-to-face interactions. Being aware of other people while using computing technologies will help support responsible use of technology as children learn and grow.

Term	Definition
Digital citizenship	Responsible behavior with technology
Computing device	An electronic device that can store and receive information

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.

Integration Opportunities

History K.1 Citizenship conversations should include computing technologies. Self control and taking responsibility for one's actions should include screen time in healthy habits.

Visual Arts K.16 Familiarize students with the works of artists who use computing technologies to create two-dimensional and three-dimensional art.

Physical Education K.3a,b,d Have students explore the concept of media balance by recognizing that physical activity helps their bodies grow and by identifying or drawing pictures of activities that can be done at school and home.

Summary of a Lesson

As a class, read the picture book *Unplugged* by Steve Antony, stopping periodically to notice what the main character, Blip, is noticing or not noticing before and after the asteroid hits. Introduce the idea that technology can help us have fun, learn new things, and connect with other people, but to be truly healthy, we need to balance our time on and off of computers. 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: Balance is Important lesson; Pause for People lesson.