

## Lesson Plan

Title: Strategies towards gaining a balanced life

Grade Level: 15-16 years old

Time: 45 min

### Objectives

- The students will understand the concept of excessive Internet use and why it is harmful.
- The students will explore strategies that will help them reduce their online time.
- They will practice critical thinking and conversational skills.

### Methods & Material

#### Methods

- Group discussion
- Individual reading

#### Material

- Laptops or tablets
- Internet connection
- Printed handouts

### Description of the Lesson

Title	Time	Aim	Description of the Activity	Methods & Material
Introduction	10min.	To familiarise the students with the topic	The teacher explains to the students what excessive Internet use is and why it is a problem.	
Individual reading	10min.	To practice reading comprehension and to get a	The teacher asks the students to read <a href="#">this online article</a> on combating Internet addiction symptoms. Alternatively, if the students don't have computers	<i>Materials</i> <ul style="list-style-type: none"> <li>• Computers or tablets</li> </ul>

		deeper understanding of the topic.	the teacher can print the article beforehand and hand it in the class.	<ul style="list-style-type: none"> <li>• Internet connection</li> <li>• Or handouts</li> </ul> <p><i>Methods</i></p> <ul style="list-style-type: none"> <li>• Individual work</li> </ul>
Group Discussion	20min.	<p>To practice conversational skills and public speaking.</p> <p>To learn more about excessive Internet use and the ways to deal with it.</p>	<p>The teacher asks the students what they understood from the article they read.</p> <p>At first the teacher asks questions and then they encourage a group discussion.</p> <p>Some possible questions:</p> <ul style="list-style-type: none"> <li>• What's the article about?</li> <li>• Do you think that you use the Internet too much?</li> <li>• What is in your opinion the most effective way deal with Internet addiction?</li> <li>• How you tried any of the mentioned ways?</li> <li>• Would you like to try them in the future?</li> </ul>	<p><i>Material</i></p> <ul style="list-style-type: none"> <li>• Whiteboard to keep notes (optional)</li> </ul> <p><i>Methods</i></p> <ul style="list-style-type: none"> <li>• Group discussion</li> </ul>
Wrap-up	5min.	To recap the main points	The teacher summarises the main points discussed.	



Co-funded by the  
Erasmus+ Programme  
of the European Union

2018-1-UK01-KA201-048001

Resources & extra material

*This project has been funded with support from the European Commission. This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.*