

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 this online article on combating Internet addiction symptoms. Alternatively, if the students don't have computers	<i>Materials</i> <ul style="list-style-type: none"> • Computers or tablets

		deeper understanding of the topic.	the teacher can print the article beforehand and hand it in the class.	<ul style="list-style-type: none"> • Internet connection • Or handouts <p><i>Methods</i></p> <ul style="list-style-type: none"> • Individual work
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"> • What's the article about? • Do you think that you use the Internet too much? • What is in your opinion the most effective way deal with Internet addiction? • How you tried any of the mentioned ways? • Would you like to try them in the future? 	<p><i>Material</i></p> <ul style="list-style-type: none"> • Whiteboard to keep notes (optional) <p><i>Methods</i></p> <ul style="list-style-type: none"> • Group discussion
Wrap-up	5min.	To recap the main points	The teacher summarises the main points discussed.	



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Resources & extra material

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