

Lesson Plan

Title: Dealing with excessive Internet use

Grade Level: 15-16 years old

Time: 60 min

Objectives

- The students will understand what constitutes excessive Internet use and how it impacts their life.
- The students will develop strategies to regain a balanced life.
- They will practice critical thinking, teamwork, and public speaking skills.

Methods & Material

Methods

- Work in pairs
- Questions and answers
- Presentation
- Group discussion
- Use of multimedia
- Video screening

Material

- Laptops or tablets
- Internet connection
- Projector
- Pens and paper

Description of the Lesson

Title	Time	Aim	Description of the Activity	Methods & Material
Introduction	10min.	To introduce the topic to the students and raise awareness around their Internet use.	<p>The teacher starts by asking the students about their Internet use. Some possible questions are:</p> <ul style="list-style-type: none"> • How often do you go online? • How many hours do you spend online per week? • Which websites or applications do you spend the most time on? • Do you prefer to stay on your phone/computer rather than spend time with your friends/family? 	<p><i>Methods</i></p> <ul style="list-style-type: none"> • Questions and answers

			<ul style="list-style-type: none"> Do you think that your relationship with the Internet affects your school performance? And if yes, how? 	
Video Screening	5min.	To get a better understanding of the topic.	The teacher shows this video to the students	<p><i>Materials</i></p> <ul style="list-style-type: none"> Computer Internet connection Projector <p><i>Methods</i></p> <ul style="list-style-type: none"> Video screening Use of multimedia
Work in pairs	15min.	<p>To practice teamwork skills.</p> <p>To understand what Internet addiction is and how they can deal with it.</p>	The teacher divides the students in pairs and asks them to discuss about the video and to write down ways that they can fight Internet addiction and regain a balanced life.	<p><i>Materials</i></p> <ul style="list-style-type: none"> Pen and paper <p><i>Method</i></p> <ul style="list-style-type: none"> Work in pairs
Presentation	25min	<p>To practice publish speaking.</p> <p>To share ideas with the class.</p>	The students present to the class what they wrote down. Each pair has 3-5 minutes depending on the number of the students. The rest of the students can make questions to the pair that is presenting.	<p><i>Methods</i></p> <ul style="list-style-type: none"> Work in pairs <p>Group discussion</p> <ul style="list-style-type: none"> Presentation
Wrap-up	5 min	To recap the main points.	The teacher summarises the main points discussed.	



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Resources & extra material

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