Lesson Plan

Title: Screen Time

Grade Level: 8 grade, English Language

Time: 40 min.

Objectives

- Development of reading and speaking skills
- Making comments and expressing opinions on the harmful effects of too much screen time
- Developing communicative skills

Methods & Material

Methods

- Work in pairs
- Individual work
- Discussion

Material

- Handouts
- Smartphones
- Pictures

Description of the Lesson

Title	Time	Aim	Description of the Activity	Methods & Material
Introduction	7 min		In pairs, discuss the effects of technological inventions on human life.	Pair work Pictures

Basic activity	5 min.		Read the text and answer the questions. 1. Do children get enough sleep nowadays? Why?/ Why not? 2. How do screens affect children's sleep?	Individual work Discussion Article

Basic activity	7 min		Find words in the text with the following meanings. Check you understand the article.
			   1. serious study to discover new facts …………………………
			   2. to harm or spoil smth……………………………………………
			   3. to connect s.o./smth with s.o/smth else…………………………
			   4. happening at a later time than expected………………………
			   5. to attract attention to……………………………………………
			   6. to change smth in a way that causes problems……………
			   7. to deceive (s.o.)……………………………………………………
				Individual work

Basic activity	8 min		Too much screen time definitely affects sleep. But is it the only problem? In pairs, think of other negative effects of too much screen time.	Pair work Check in pairs, discuss different answers. Check as a whole class students' understanding

Basic activity	8 min.		Make comments and give your opinions on the negative effects of too much screen time.
			   Useful Vocabulary:
			   I think.... I believe.... I suppose.... I feel.... I guess....
			   Personally, I think.... In my opinion.... In my view....
			   It seems to me that.... From my point of view....
				Discussion

End activities	5 min		Your school is organising a campaign about the negative effects of too much screen time. In pairs think how you	Discussion

			can join – establish rules with electronics, make a poster, etc. Then you can present your poster and rules to the class.	

Resources & extra material

An article **Screen time before bed is bad for children:**

https://www.intel.com/content/dam/www/public/us/en/documents/education/screen-time-and-learning-brief.pdf