

## Lesson Plan

Title: The Negative Effects of Too Much Screen Time

Grade Level: 8 grade, English Language

Time: 40 min.

### Objectives

- Development of reading and speaking skills
- learning vocabulary about technology
- Developing communicative skills,

### Methods & Material

#### Methods

- Work in pairs
- Individual work
- Discussion

#### Material

- Laptops
- Handouts
- Smartphones
- Pictures

### Description of the Lesson

Title	Time	Aim	Description of the Activity	Methods & Material
Introduction	7 min		Students look at pictures in groups of two and express opinions about the inventions/ new technologies in people's life.	Pair work Pictures

Basic activity	5 min.		Students read the article and answer questions.	Individual work Discussion Article
Basic activity	7 min		Students find words in the text using definitions or explanations in English (check if they understand the text and if they have unknown words).	Individual work
Basic activity	8 min		In groups of two students discuss and suggest other negative consequences of excessive screen time. If necessary, the teacher helps.( sleep problems are not the only problem, we can add obesity, behaviour problems (elementary school children who watch TV or use a computer more than 2 hours per day are more likely to have emotional, social and attention problems; excessive TV viewing has even been linked to increased bullying behaviour), educational problems, violence.....	Pair work  Check in pairs, discuss different answers.  Check as a whole class students' understanding
Basic activity	8 min.		Students comment and express opinion about the negative influence of the different devices using the appropriate terminology.	Discussion
End activities	5 min		In groups of two students think out rules for the use of electronic devices. (For example – no digital devices during meals, no screens allowed in bedrooms, etc.);	Pair work  Discussion



## 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>

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