

Lesson Plan

Title: Screen time before bed is bad for children

Grade Level: 8 grade, English Language

Time: 40 min.

Objectives

- Developing reading skills
- Learning about screen time and its effects
- Developing communicative skills, management skills and skills for finding information by using laptops

Methods & Material

Methods

- Work in pairs
- Individual work
- Discussion

Material

- Laptops
- Projector
- Smartphones
- Pictures

Description of the Lesson

Title	Time	Aim	Description of the Activity	Methods & Material
Introduction	5		<p>Warm –up: On the board/screen there are the following words:</p> <p>Dream, warm, go to bed, exhausted, tug, rest, calm, blanket</p>	Individual work

			Students are challenged to write at least 2 sentences using as many of these words as possible	
Basic activity	3 min.		Students read the headline (see eventual picture) and predict 'Is there a connection between sleeping and screen time. Why? Why not?'	Discussion
Basic activity	5 min		Students read the article 'Screen time before bed is bad for children' and check if their predictions are correct	Individual work
Basic activity	10 min		<p>Students read the article again and answer if the following questions are True or False.</p> <ol style="list-style-type: none"> Using electronic devices before sleeping is not useful according to the University of Colorado .In less than 54 studies of children up to 17, bad sleeping isn't associated with screen time Delayed bedtime, fewer hours of sleep and poorer sleep quality are because of smaller and smaller screens. Adults can watch more, because they need less sleep. The screen's light may lead children to confuse day and night. 	<p>Individual work</p> <p>Check in pairs, discuss different answers.</p> <p>Check as a whole class students' understanding</p>

			6. Children's brain are excited so they easily asleep, because they are tired.	
End activities	15 min.		<p>Using laptops or students' individual mobile phones they are challenged to find information/ pictures on the Internet about the connection between sleeping and screen time.</p> <p>The pair/ group with the most interesting, useful and easily presented information (a sentence(s)/ a picture/ a diagram/ a song/a rhyme or other) is a winner.</p>	Pairs/ groups of 3
Feedback Assessment	2 min		<p>1. Did students manage to cope with reading and understanding of the article</p> <p>2. Did they understand about screen time and its effects</p> <p>3. Was group work useful</p> <p>Assessment based on:</p> <ul style="list-style-type: none"> - Coping with the tasks correctly - Students' involvement in work - Students' correct grammar and vocabulary - Appropriate and most interesting presentations of the last task 	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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