Category: Well-being  
Level: Middle School (5-8)  
Area of Focus: Ways to Unplug: Tips to Stay Balanced  
Materials Needed: Links below

**Big Idea** (What should students remember after the lesson?):  
- Providing students with strategies to regulate their online time

**Mini-Lesson/Content:**  
**Activity One:**  
- Video - *The Common Sense Census: A Day in Teens' Digital Lives* (3 min)  
- [https://drive.google.com/open?id=1nNewl7_NGUayx_oL0tVpJKlnZ8DshJ2e](https://drive.google.com/open?id=1nNewl7_NGUayx_oL0tVpJKlnZ8DshJ2e)  
- Class Discussion - around balancing time on devices; being present for the task at hand  
  - How can I be present with others around me?  
  - What are some healthy actions I can take when using devices?  
  - How can I monitor and regulate my time on devices?  
- Did You Know? - *new iOS 12 Screen Time settings*  
  - You can turn on a Do Not Disturb setting on iOS that can even be scheduled.  
    - Go to Settings > Do Not Disturb  
  - Night Shift can help you reduce eye strain  
    - Go to Settings > Display & Brightness > Night Shift

**Activity Two:**  
- Video - *The drug-like effect of screen time on teenage brain* (from Screenagers documentary) (7:31)  
- Class Discussion  
  - Ask your students what part of the clip resonated with them?  
  - Were there parts they agreed with?  
  - Disagreed with?