Grade 6: Finding Balance in a Digital World

Video Discussion

What You'll Need:
- Video
- Student Handout
- Student Handout (Spanish)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video exploring how we balance digital media use in our lives.*
2. **Show** the Digital Life 101 video (1:34 minutes). (Note: Use the video video player to turn on subtitles in Spanish.)
3. **Lead** a class discussion exploring the questions below.

**Distance learning option:** Have students watch the video and complete the handout. If there's time, have students share their responses during a video meeting.

Discussion Questions

1. **What are the benefits of being connected 24/7?**
   Sample responses:
   - Real-time access to weather helps with planning outdoor activities, clothing, etc.
   - Social media and messenger apps allow immediate communication and updates with others.
   - Search engines help people find information and solutions for things.
   - Music apps enable people to create, share, and listen to playlists of their favorite music.

2. **What are some of the benefits of doing things offline (that don't involve digital media)?**
   Sample responses:
   - Participating in sports is fun because you get to exercise and play with others.
   - Going into nature can teach you about the world and help you feel relaxed.
   - Hanging out with people in person helps you build relationships and get to know people.
   - When you're in nature or with people, you experience everything with five senses. When you're online, you usually experience them with only two (sight and sound).

3. **What do you think is the best way to balance using digital media and doing things offline?**
   Sample responses:
   - Answers will vary. Media balance is using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.).