

The digital 5-a-day

Spending a healthy amount of time on the internet



Watch: Faux paw

Balancing online and offline fun



<https://www.youtube.com/watch?v=LzInCf-bhXQ>

What is the “fruit and vegetables 5-a-day”?



There is a similar thing with the digital world...



When you go online, you should think about the type of things that you do...

Match the explanations with the 5 categories...

Enjoy real life
and take a rest

Be kind

Talk to your
family or friends

Get your
body moving

Make or learn
something new



Match the explanations with the 5 categories...



Some examples...


Give to Others:
Be kind



I'll write 10 nice
messages to my
friends

Connect:

Talk to your family or friends



I'll ring my aunt on
FaceTime, and make
her smile

This is a great way to connect with someone who
you don't get to see that often

Be Active:
Get your body moving

I will ride my bike for an hour after school, and record my stats, using a Fit Bit!

Technology can help us to get fit

Get Creative:

Make or learn something new

I'll watch a YouTube video
to help me learn how to
draw animals better

Be Mindful:

Enjoy real life and take a rest

Every time I'm loading a new game, I will walk to the window and look at the clouds. Then I'll count 20 deep breaths, before going back to my computer

Keep your life balanced

Activity 1:

Use the computer to get creative and learn something new:



- Learning a skill (juggling, knitting, a language etc.)
- Looking up the words to a favourite song
- Learning dance moves
- Researching an artist
- Watching a BBC nature documentary

Make a note of what you've learned to share with the class afterwards

Watch:

The Digital 5 A Day CHALLENGE

by the Children's Commissioner & Simply Luke



https://www.youtube.com/watch?time_continue=650&v=MsUGmyjqw2w

Talk time...

How many ideas can you think up for each category?



Give to Others:

Be kind

- Share a picture to cheer someone up
- Send a smiley face message
- Send a happy picture.
- Send someone a link to a song that makes you happy
- Tell someone you know that you're thinking of them and look forward to seeing them again

Connect:

Talk to your family or friends

- Talk to family or friends on Skype
- Send text messages to family
- Send pictures in a family group chat. E.g. Whats app/ Facebook messenger
- Tell your family what you have learned at school (send a picture of your homework)

Be Active:

Get your body moving

- Use Go Noodle
- Look at Google Maps and see if you can walk somewhere
- Learn a dance from Youtube
- Find out the opening times at the swimming pool
- Copy an exercise/yoga routine from a video online

Get Creative:

Make or learn something new

- Learn to do something new
e.g. tie your shoelaces/learn a song
- Make a movie
- Draw a picture on a tablet
- Read an online story/eBook
- Research something interesting to learn about the world: “Where is Africa? What do elephants eat? How does a helicopter work?”

Be Mindful:

Enjoy real life and take a rest

- Limit time on Games / Youtube /Netflix
- Think before you click “Am I learning something, or is it just silly”
- Don't just repeat the same games/videos all the time: try something new
- Play with your toys
- Do some colouring
- Play in the park

Activity time...

- Make a 'menu' for a healthy digital day
- Write or draw activities for each of the 5 categories

Activity 1 - Screen Time and the Digital 5-a-Day

- Make a 'menu' for a healthy digital day
- Write or draw activities for each category

