

Practicing Media Mindfulness as a Digital Citizen

Standards for Technology Literate & Fluent Students (Grades K-2)

Digital Citizen - Students recognize the rights, responsibilities and opportunities of living, learning and working in an interconnected digital world, and they act and model in ways that are safe, legal and ethical.

2.a. Students practice responsible use of technology through teacher-guided online activities and interactions to understand how the digital space impacts their life. Samples of student performance (by the end of grade 2):

- Students identify both positive and negative impacts technology can have on them.
- Students explain how information shared online leaves a digital footprint or "trail."

Purpose: Students learn the necessity to practice Mindfulness when using Media as part of being a responsible Digital Citizen.

Direct Instruction:

1. Establish the concept of Digital Citizenship

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Share BrainPopJr video entitled *Digital Etiquette*

<https://jr.brainpop.com/artsandtechnology/technology/digitalaetiquette/>

2. Use the online quiz feature associated with video to review concepts from video. Divide students into small groups and rotate questions and answer opportunities using a points reward system.
3. Host group discussion using prompt from video unit:

Write About It

Moby shares a photo online and gets a mean comment from a classmate. How do you think he feels? What do you think he should do?

→ Start

— HELPFUL —
WORDS
Click on a word to see its definition.

- etiquette
- digital etiquette
- mute
- empathy
- communicate

4. Using doc cam, read book to students: ***Mindfulness and Digital Devices*** by Amber Bullis, published by Blue Owl Books, found at www.jumplibary.com, part of the Mindful Me series.
5. Review with class the Mindfulness strategies and the example of how to set goals and use a reward system making tech use the reward after completing a meaningful task.
6. Lesson Assessment--Assign students a Seesaw Activity where they describe and show/record application of setting a goal and using tech use as a reward after completing a meaningful task such as writing a letter, doing a chore, etc.