

Lesson Plan March 31st

Objectives

- Students will be able to discuss the advantages and disadvantages of technology and social media
- Students will be able to watch a video and listen for answers to specific questions
- Students will be able to read, understand, and discuss questions relating to social media and technology

Materials

- Video 1 (Social Media Sounds):
https://www.youtube.com/watch?v=w2DGxxzNoKQ&t=111s&ab_channel=TABuzz
- Video 2 (Social Media and Mental Health):
https://www.youtube.com/watch?v=-QDjx_spkwI&ab_channel=PsychHub
- Poll statements
- Video discussion questions

Intro (2 minutes)

- Warm-up (5- 10 minutes)
 - A sound will be played in the background and students will have to guess what the sound is. They will type the answers in the chatbox.
 - Students will be asked how all the sounds are related (They are all related to social media).

Activity 1 (10 minutes): Technology poll

- Teachers will present a series of slides containing debatable statements.
- Students will use the interactive whiteboard to cast their votes, debating/deciding the pros and cons of each statement.
- Statements:
 - Scientists have created a unique pill and if you take that pill you will never fall sick - is that an advantage or a disadvantage?
 - The Internet helps connect people from all around the world
 - Social media enables people to make a lot of close friends
 - Social media can help improve mental health
- Activity 2 (15-20 minutes): Video and discussion
 - Students will watch a video describing the effects that social media can have on a person's mental health

- Students will be put into 4 breakout rooms for 10 minutes to discuss questions related to the video and the topics it speaks about
- Teachers facilitate within the breakout rooms
- Students share their answers with the class when they come back from their rooms
- Video Discussion Questions
 - What are some of the advantages of social media mentioned in the video? What are the disadvantages?
 - What is one tip the video mentioned to improve mental health when spending too much time on social media?
 - Which social media platforms are you a part of? Which one do you use the most and why?
 - Have you ever felt lonely or out of touch with others because of the amount of time you spend on social media?
 - How much time per day do you spend on social media? Do you think you should spend less time on social media? Why?
- Activity 3 (5 minutes): Interactive whiteboard activity
 - Students will draw using the tools in the interactive whiteboard an activity they like to do in their free time that doesn't involve technology or the internet
 - Students will discuss with each other and the teachers what activity they drew
- Exit ticket (5 minutes)
 - Teachers will present a question to the students based on the last activity
 - Question: What kind of activity are the students willing to try/fit in with their daily routine based on some of the drawings done by their classmates using the interactive whiteboard?