Think about the rules of taking photos and putting them online.
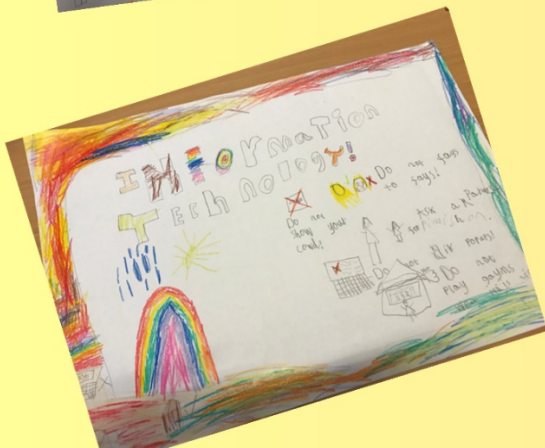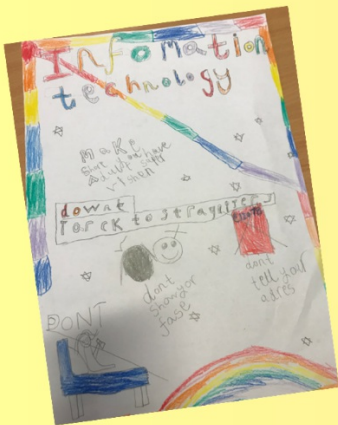
Key learning To recognise that choices are made when using information technology

Success Criteria:

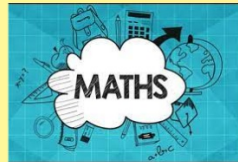I can identify the choices that I make when using information technology
I can explain simple guidance for using information technology in different environments and settings

Star words

digital 5 a day

Information Technology

Whats your favourite lesson in school?
Does it involve information technology?

Why do you think we have different lesson styles in school?

I think we have different lesson styles in school because.........

Children's
COMMISSIONER

Today we are going to learn about the digital 5 a day.

What do you think any of these parts mean or could involve?

Be Mindful

Connect

Give to others

Be Active

Get Creative

Digital 5 A Day
Simple steps to a balanced digital diet and better wellbeing

#digital 5 a day

Match the statements to the wheel

We should all have time away from the computer and do some sport.

You can keep in touch with anyone no matter where they are in the world.

It is important that we give positive feedback to each other.

Have time out to be mindful and think about how you feel.

We should have opportunities to stay creative.

Practise and consider

Be Mindful

Connect

Give to others

Be Active

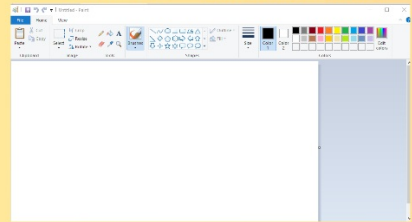Get Creative

Table 1
#Connect

Take a picture of your friend. Remember what we learnt last week about taking photos.

Table 2
#Be active

Get hula hooping

Table 3
#Be creative

On a laptop create any picture you like on paint. This could like to our book or topic.

Table 4
#Give to others

On a post it note write something nice about a friend.

Table 5
#Be mindful

Mindfulness colouring

5 min timer

Independent task

Review and improve

How confident are you at the following?

I can identify the choices that I make when using information technology

RED — I don't know anything about it (yet)

YELLOW — I know a little but need some help

GREEN — I am confident

BLUE — I can coach

I can explain simple guidance for using information technology in different environments.

RED — I don't know anything about it (yet)

YELLOW — I know a little but need some help

GREEN — I am confident

BLUE — I can coach