

# Tech Control Be Productive

KS3 (1<sup>st</sup> – 3<sup>rd</sup> form)

## Lesson Plan Overview

Created by Digital Awareness UK in partnership with the HMC, 'Tech Control – Be Productive' is the second in a three-part series of new classroom resources to help promote the healthy and positive use of technology.

The Tech Control resources encourage students to come up with practical solutions to help ensure technology has a productive influence on their overall health and wellbeing. This is achieved through the promotion of digital resilience, critical thinking and digital awareness.

## Outcomes

- Students will understand the various ways in which technology can be a barrier to effective sleep and study
- They will know the impact unproductive sleep and study can have on their health and wellbeing
- They will know how to improve their productivity levels if they feel technology is hampering them

## Materials

Appendix 1) Sleep Without Screens video  
Appendix 2) Distractions, Distractions worksheet  
Appendix 3) Productive Me template

## Lesson breakdown | 55mins

### Part 1 | Discussion

Technology and productivity - Students will share thoughts on how technology enhances or hampers the way they study and sleep



5 minutes

## Aim

This lesson plan aims to educate students around how to sleep and study without interruption from technology. Driving awareness in this space will help to protect them from the physical and emotional side effects of unproductive studying and sleep deprivation.

### Part 2 | Video

Sleep Without Screens - an educational video advising students on the impact of technology on sleep



5 minutes

### Part 3 | Game

Distractions, Distractions - Students will assess all the factors that prevent them from productive study



20 minutes

### Part 4 | Activity

Productive Me - Students to visualise and draw what their optimum sleep and study environments looks like and present to class



20 minutes

### Part 5 | 5 minute plenary

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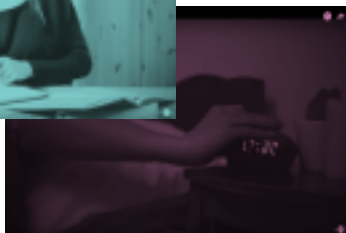
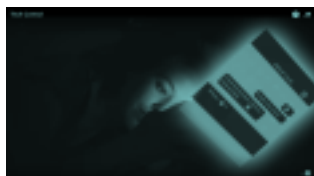
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## Part 1 | 5 minute discussion

Remind students of the Tech Control video they would have seen in their **'Tech Control – Live Your Life'** lesson, particularly the scenes where the main character Lilly is unable to study or sleep due to the distraction of technology. Also remind them of how technology helped her to study in the second part of the video when she activated 'do not disturb'.

Start a classroom discussion questioning students on whether they feel technology is a barrier to effective sleep and study. Ask them if they use technology to improve their sleep (through the use of sleep monitoring apps or meditation apps for example).



## Part 2 | 5 minute video

HMC and Digital Awareness UK conducted a study in 2016 which revealed that 45% of 11 – 18 year olds check their mobile devices after going to bed. Of those 25% spend more than an hour on their devices after going to bed and 23% check devices more than 10 times a night.

Play students the Sleep Without Screens video, which explores the negative effects bedtime screen viewing can have on the mind and body.

Inform students that Digital Awareness UK advise that students do not engage in any bedtime screen viewing to help them have a good night's sleep.



## Part 3 | 10 minute game

There are many factors that prevent us from efficient study. These barriers can be anything from noises to smells to the temptation of a games console or a mobile device flashing with notifications.

In appendix 2 there is a worksheet with a series of temptations students may come across when revising or doing homework. Ask students to place the distractions in order of what distracts them the most and talk to one another about how these distractions impact on their productivity.

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Once completed, inform the students that research shows that technology, and social media in particular are the greatest barriers to productive study. However, they should also be made aware that technology can be used to make us more productive as there are a number of fantastic apps for example in the marketplace, which can aid them in their studying: Apps that block certain websites for a set amount of time; Homework planner apps; Time management apps etc. Ask students if they use technology to help them with their productivity.



## Part 4 | 20 minute activity

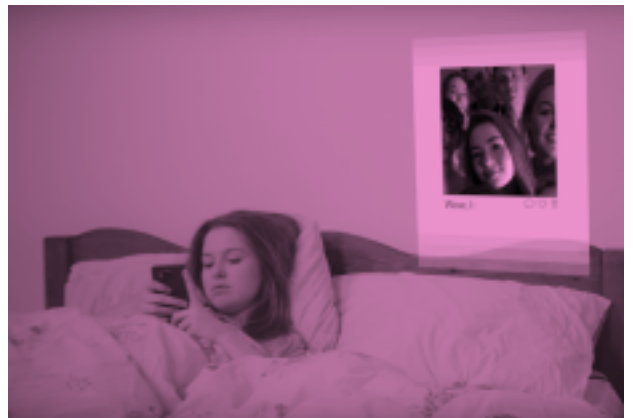
In appendix 3 there is a worksheet for students to complete. This worksheet encourages students to think about what their optimum environment is for productive sleep and study (taking technology into account). Hand worksheets out to students and ask them to draw pictures of good and bad environments for sleeping and studying.

Give them 15 minutes to populate the template and set five minutes aside for students to present ideas back to the class.



### Plenary

- Students should understand the role technology plays in how productive they are when sleeping and studying
- Students should be aware of the harmful impact technology can have on their health and wellbeing when used irresponsibly as well as the benefits it can bring when used responsibly
- Students should be able to advise others on how to create a productive environment for sleeping and studying



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