WP3 - POWERPACK TOOLKIT ACTIVITIES

Digital Well-being: Screen Time Heroes

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1. General Information

Well-being dimension: Digital well-being
Target age group: 9–13 years (Upper Primary / Lower Secondary)
Activity format: Mission-based learning / experiential challenge
Duration: 60–75 minutes
Group size: 15–30 students
Transversal approach: Social-emotional learning, digital literacy, life skills, collaborative problem-solving

2. Learning Objectives

- To develop awareness of healthy screen time habits and the effects of overuse.
- To practice self-regulation strategies for balancing digital and offline activities.
- To strengthen collaboration and problem-solving skills by completing a mission-based digital balance challenge.

3. Materials Needed

- Mission cards or challenge sheets with tasks related to screen time management
- Timers or clocks to track activities
- Whiteboard or flipchart for planning and reflection
- Paper, markers, and sticky notes
- Optional: tablets or devices for “digital tasks” if part of the mission

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4. Activity Steps

Step 1: Introduction & Mission Briefing (10 minutes)

- Teacher explains the concept of digital balance and why managing screen time is important.
- Introduce the “Digital Balance Mission”: students are agents tasked with creating a balanced daily routine that includes both online and offline activities.
- Discuss possible challenges: excessive gaming, social media, lack of physical activity, or distractions during study time.

Step 2: Mission Planning (15–20 minutes)

- Students are divided into small groups (3–5).
- Each group receives a mission card with challenges (e.g., reduce recreational screen time by 30 minutes, schedule offline activities, create a balanced daily plan).
- Groups brainstorm strategies, assign roles, and plan how they will complete the mission using problem-solving and creativity.

Step 3: Mission Execution & Simulation (15–20 minutes)

- Groups simulate their plan using timers, role-play, or small digital tasks.
- For example, “check your schedule for gaming vs. reading” or “design a one-hour offline activity.”
- Teacher monitors progress, provides hints, and encourages collaboration.

Step 4: Presentation & Reflection (10–15 minutes)

- Groups present their mission outcomes and balanced routines to the class.
- Discuss what strategies worked, what challenges they faced, and how the plan could be improved.
- Teacher summarizes key tips for screen time management.

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5. Teacher Notes & Tips

- Emphasize problem-solving and creativity rather than “right or wrong” solutions.
- Encourage discussion about digital habits in a supportive, non-judgmental way.
- Adjust mission complexity based on age and prior knowledge of digital tools.
- Highlight real-life applications: family routines, study schedules, offline hobbies.

6. Reflection prompt for students

- Which strategies helped your group achieve a healthy balance between screen and offline activities?
- What challenges did you face when trying to limit screen time or plan offline activities?
- How can you apply the mission strategies to your daily routine at home or school?

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7. Tips for adaptation for children with special needs

Easier Version (Early Primary / extra support):

- Simplify missions to short, concrete tasks (e.g., “replace 10 minutes of screen time with a physical activity”).
- Use visual schedules, charts, or picture cards to illustrate tasks and routines.
- Provide step-by-step guidance during planning and mission execution.
- Allow teacher-led modeling of balanced routines before independent practice.

Medium Version (Medium Primary / more independence):

- Introduce longer missions with multiple steps (e.g., plan a full day including study, play, and screen time).
- Encourage peer discussion and shared decision-making for planning strategies.
- Include optional creative tasks (designing a schedule poster or infographic) to reinforce learning.
- Allow students to track their own screen time and offline activities during the mission.

Adaptations for Students with Special Needs:

- Provide visual aids, timers, and written instructions for clarity and structure.
- Offer flexible roles within the group (planner, presenter, recorder) to accommodate different strengths.
- Allow extra time for planning and execution of missions.
- Provide additional guidance and check-ins for students who need support with attention, comprehension, or social interaction.

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8. References (methodological approach)

The activity combines active learning, critical thinking, and collaborative problem-solving:
Students learn by planning and completing mission-based challenges related to digital balance.
It fosters digital literacy, teaching students to monitor screen time, reflect on habits, and make responsible choices.
Teamwork strengthens social skills, communication, and cooperative decision-making through group collaboration.
Presenting the activity as a mission increases engagement, motivation, and a sense of achievement.
Connecting learning to real-life contexts promotes reflection on daily routines and encourages students to implement practical strategies for managing screen time responsibly.

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EASIER VERSION

Mission Card 1 – Reduce Screen Time

Your mission: Reduce recreational screen time by 30 minutes today.

Plan what offline activity you will do instead and explain why it helps your digital balance.

Mission Card 2 – Screen-Free Hour

Your mission: Plan and simulate a screen-free hour.

Decide what you will do, who joins you, and how you avoid temptation.

Mission Card 3 – Swap 10 Minutes

Your mission: Replace 10 minutes of screen time with a simple offline activity.

Choose one: drawing, stretching, reading, or talking with someone.

Mission Card 4 – My Calm Corner

Your mission: Create a “calm corner” for moments when you want a break from screens.

Choose 3 items to include and explain why they help you relax.

Mission Card 5 – Screen Time Traffic Light

Your mission: Sort three activities into:
Green = healthy anytime
Yellow = sometimes
Red = too much

Choose from: gaming, homework, walking, chatting with friends, watching videos.

Mission Card 6 – Mini Digital Detox

Your mission: Choose one moment of the day (breakfast, recess, before bed) to stay screen-free.

Explain how it felt.

Mission Card 7 – Buddy Break

Your mission: Invite a classmate to do a 15-minute offline activity with you.

Choose the activity and explain why it's fun without screens.

Mission Card 8 – My Screen Rules

Your mission: Create 3 simple personal rules for healthy screen use.

Example: “No screens during meals.”

Mission Card 9 – Move Your Body

Your mission: Replace a short screen activity with a physical movement activity.

Choose one: jumping jacks, dancing, walking, stretching.

Mission Card 10 – Screen-Free Challenge Box

Your mission: Create 5 ideas for quick screen-free activities and put them in a “challenge box.”

Pick one and try it.

MEDIUM VERSION

Mission Card 11 – Create a Balanced Daily Routine

Your mission: Design a daily schedule that includes:
Study time
Physical activity
Screen time
Relaxation
Family time

Make sure the routine feels realistic and balanced.

Mission Card 12 – Beat the Distraction Monster

Your mission: Identify three digital distractions (gaming, notifications, social media...).

Create a strategy to reduce each one during homework or study time.

Mission Card 13 – Offline Adventure Challenge

Your mission: Invent a 60-minute offline activity (alone or with friends).

Explain how it helps your body, mind, or creativity.

Mission Card 14 – Healthy Gaming Plan

Your mission: Create a healthy gaming plan that includes:

- **Maximum daily gaming time**
- **Breaks**
- **Rules for online safety**
- **One alternative offline hobby**

Mission Card 15 – Digital Day Audit

Your mission: List all your screen activities from yesterday.

Decide which ones were necessary, optional, or too much.

Create one improvement for today.

Mission Card 16 – Notification Ninja

Your mission: Check the notifications you receive in one day.

Choose which ones to mute, limit, or keep, and explain why.

Mission Card 17 – Balanced Weekend Plan

Your mission: Create a weekend plan that includes:

- **One digital activity**
- **Two offline activities**
- **One activity with family or friends**

Explain how your plan keeps you balanced.

Mission Card 18 – Study Focus Mission

Your mission: Design a “focus routine” for homework.
Include:

- **A start ritual**
- **A strategy to avoid distractions**
- **A break plan**
- **A reward for staying focused**

Mission Card 19 – Smart Break Planner

Your mission: Create a plan for taking healthy breaks during screen activities.

Include:
- **How long you use screens before a break**
- **What you do during the break**
- **How this helps your eyes, body, and focus**

Mission Card 20 – Digital Balance Debate

Your mission: In your group, choose one digital habit (gaming, social media, videos...).

Discuss:
- **Why it can be positive**
- **Why it can be negative**
- **One rule your group agrees on to keep it balanced**

ADAPTED CARDS

Mission Card – 10 Minutes Less

Do 10 minutes less screen time.

Choose one offline activity (draw, walk, play).

Mission Card – Make a Simple Routine

Make a small routine:

1. **Study**
2. **Play**
3. **Screen time**
4. **Rest**

Mission Card – One Screen-Free Activity

Choose one activity with no screens.

Do it for 15–20 minutes.

Mission Card – Move Your Body

Do one activity without screens.

Move your body for 10 minutes (walk, stretch, dance).

Mission Card – Calm Time

Take 10 minutes of calm time with no screens.

You can draw, breathe, or listen to quiet sounds.

Mission Card – One Screen Rule

Choose one rule for today (example: no screens at lunch).

Try to follow it with your group.

Mission Card – Help a Friend

Work with a partner.

Choose one screen-free activity to do together (walk, puzzle, talk).

Do it for 10 minutes.

Mission Card – My Quiet Space

Make a small quiet space with no screens.

Choose 2 things to put there (book, soft toy, colouring).

Use it for a short break.

Mission Card – Screen Check

Look at one screen activity you do a lot.

Decide: keep it, do less, or take a break.

Tell your group your choice.

Mission Card – Move + Rest

Do 5 minutes of movement (walk, stretch, dance).

Then do 5 minutes of rest (breathe, sit quietly, draw).

No screens in both parts.