



A Healthy Balance with Technology

Year 3 Online Safety – Health, Well-being and Lifestyle

Spring Term 2

I can explain why spending too much time using technology can sometimes have a negative impact on anyone.



Hello families,

This half term, we are learning about how technology can be brilliant for our lives, but that spending too much time online can sometimes have a negative impact.

We will be thinking about how to find a healthy balance, how to look after our bodies and minds, and how to make time for the things that matter.



Key Learning



I can give examples of the positive impact of using technology and the internet.



I can give examples of online activities that I could engage with for a long time.



I can explain the negative impact of too much screen time on my health, body, thoughts, feelings, relationships and school work.



I can suggest simple rules and strategies to reduce the impact of these issues.



Questions to ask

- What are the good things you use technology for?
- How does it make you feel?
- Which activities could you keep doing for a long time?
- Do you notice if a lot of time has passed when you play a game or watch a video?
- How can playing a game for a long time make your body feel?
- What other things do you normally do when you're not at school?
- Does it matter if you do these things?
- What could you do if you find you are spending too much time online?

1 The Digital 5 A Day

A healthy and balanced life includes five important areas. Technology can support all of these, but we need a good mix.



Socialise

Spend time with family and friends



Be Active

Keep your body healthy



Be Creative

Learn and explore new things



Be Responsible

Make good choices and stay safe



Have Fun and Feel Good

Do things that make you happy

2 Technology can be great!

Here are some positive ways technology can help us:



Learn new things



Listen to music and be creative



Keep in touch with family and friends



Play games and relax



Explore the world and find out information



Be creative – make, design and share

3 But too much time online can have a negative impact

If we spend too long using technology, it can affect:



Our body

(e.g. less active, tired eyes, headaches, poor sleep)



Our thoughts and feelings

(e.g. feeling tired, worried, low, comparing ourselves to others)



Our relationships

(e.g. less time with family and friends, missing out, arguments)



Our work and responsibilities

(e.g. not enough time for homework, chores or other important things)

4 Activities we could spend a lot of time doing online



Playing online games



Watching videos and TV shows



Chatting with friends online



Scrolling social media



Reading online



Shopping online



Creating digital art or videos



Researching things we're interested in

5 Top tips for a healthy balance



Agree a time limit before you start.



Take regular breaks.



Do other activities you enjoy offline too.



Keep a good bedtime routine.



Be active and get fresh air.



Make time for family and friends.



Do homework and chores first if needed.



Be kind to yourself and notice how you feel.



6 Key Message

Technology is brilliant and can help us learn, be creative, stay in touch and have fun.

But spending too much time online can affect our bodies, feelings, relationships and work.

A healthy balance helps us to stay safe, happy and well.



Be Safe | Be Kind | Be Aware

Further support and information

- NSPCC
- UK Safer Internet Centre
- Childnet



For more advice and guidance, visit our Online Safety page on the Trinity School website.

