



EDUCATION & TECHNOLOGY

**Common Devices
and Tools.**



LESSON PLAN:

Common Devices and Tools

WELCOME TO THE LESSON: COMMON DEVICES AND TOOLS!

You've completed the first step in our **Pick. Watch. Enhance.** model and selected the topic "**Common Devices and Tools.**" Great choice! In this lesson, you'll learn how to use popular educational tools effectively, manage screen time, and create a balanced digital environment that supports your children's learning and well-being.

This lesson focuses on:

- Understanding educational apps and tools suitable for different age groups.
- Learning how to balance screen time with offline activities.
- Exploring tips for creating a productive learning environment at home.

PAUSE AND PREPARE.

Before diving into **Step 2: Watch**, take a moment to reflect on these questions. Your answers will help you approach the lesson with purpose and focus:

- How familiar are you with the educational devices and apps your children use? (1 = Not familiar, 5 = Very familiar)
- How confident are you in setting screen time limits for your children to support their mental and emotional well-being? (1 = Not confident, 5 = Very confident)
- What do you know about the impact of excessive screen time on your children's mental health? (1 = Very little knowledge, 5 = Very knowledgeable)
- How often do you create a balanced environment with screen time and offline activities for your children? (1 = Never, 5 = Always)

- What challenges do you face in balancing technology use with other activities at home?

Take a deep breath, think about your answers, and hold them in your mind as you move forward.

STEP 2 - WATCH.

This step features three short videos that introduce key concepts and strategies for managing educational tools and screen time. Each video builds on the last, so make sure to watch them in the listed order. Click on the video titles to begin:

1. Introduction to Educational Devices

- Learn about common educational devices and tools that can enhance your children's learning experiences.

2. Screen Time and Mental Health

- Explore the impact of screen time on children's mental and emotional well-being and discover strategies to set healthy boundaries.

3. Creating a Balanced Digital Environment

- Discover practical tips for balancing screen time with offline activities to foster a productive and stress-free learning environment at home.

As you watch, consider how these ideas apply to your family's technology use and what changes you might want to implement.

STEP 3 – ENHANCE.

Now that you've completed the videos, it's time to put your learning into action with these practical tools and resources. These guides are designed to help you manage screen time, choose the right educational tools, and create a balanced digital environment for your children.

Click on the titles below to download the resources. Each resource is formatted so it can be easily saved to your computer OR printed for your convenience:

• Tech Gadgets: Setting Limits for Your Kids

- Learn effective strategies for managing your children's use of tech gadgets, setting healthy boundaries, and fostering positive habits with devices.

• The Negative Effects of Screen Time

- Gain insights into how excessive screen time impacts your children's mental and emotional well-being and learn actionable tips to mitigate these effects.

- **[A Parent's Guide to Calming Your Kids Without a Screen](#)**

- Explore creative alternatives to screens that can help your children relax and stay engaged without relying on digital devices.

These resources are designed to empower you with practical strategies for creating a balanced and productive digital environment.

REFLECTION.

Before concluding, take a moment to reflect on what you've learned and how you've applied it:

- How familiar are you now with the educational devices and apps your children use after watching the videos? (1 = Not familiar, 5 = Very familiar)
- How confident are you now in setting screen time limits to support your children's mental and emotional well-being? (1 = Not confident, 5 = Very confident)
- What new insights have you gained about the impact of screen time on your children's mental health?
- How often do you now create a balanced environment with screen time and offline activities for your children? (1 = Never, 5 = Always)
- What strategies have you implemented to create a balanced digital environment for your children at home?

Reflecting on these questions will help you solidify your learning and identify areas for continued growth.

WHAT'S NEXT?

Congratulations on completing this lesson! By understanding how to use devices and tools effectively, you're creating a supportive environment for your children's learning and well-being.

When you're ready to continue:

- Explore other lessons in the **[Education and Technology Center](#)** to expand your knowledge.
- Revisit this lesson anytime to refine your strategies or try new approaches.

Keep up the great work! Your efforts to manage technology use and create a balanced environment are invaluable for your family's success.

