



Lesson Name: Analyzing Cell Phone Usage

Unit Name & Lesson #: Mindfulness, Lesson 1 (Part 1)

Grade Level: 9-12

Lesson Length: 15 minutes

Before beginning, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the lesson. A sample list of common accommodations and modifications to aid you in selecting appropriate supports for students can be found under Additional Resources here.

National Health Education Standards & Performance Indicators:

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.12.6 Evaluate the impact of technology on personal, family, and community health.

CASEL Core SEL Competency:

Self-awareness

Lesson Objective(s):

Students will be able to analyze their cell phone usage and how it relates to the overall practice of being mindful.

Essential Question (related to objective):

How does being aware of my screen time make me more mindful?

Equipment Needed:

- Students will need to bring their cell phones to class.

Lesson Overview:

Teachers will guide students in analyzing their cell phone usage and how it relates to being mindful and self-aware. Teachers will help students correlate lessening screen time to improved overall health.

Activity Progression:

Review with students the definition of mindfulness. Being mindful is another way of being self-aware. By being self-aware, we are able to make better health-related decisions which can improve our emotional and physical health.

Definition:

Mindfulness is

- paying full attention to your:
 - thoughts
 - emotions
 - body
 - environment
- and focusing on the present
 - the past already happened
 - the future isn't here yet

Sample script:

Today we are going to continue to look at ways that we can be mindful.

Remember, being mindful is paying full attention to our thoughts, emotions, body and environment. Being mindful is slowing down and focusing on the present. Practicing being mindful is one way that we can be more self-aware which leads us to make better health-related decisions. To practice that we are going to take a look at our cell phone use!"

Ask students to guess how much time they think they spend on their phones daily. Have students write their guesses down on a piece of paper and save that piece of paper to be used later in a couple days. Ask students to share out their answers.

How have students take out their cell phones. Here is a slide with instructions for students with iPhones. Android users, will not be able to see this unless they download an app like "screen time" or they have a pixel phone which has a "Digital Wellbeing" tracker in the settings.

Once the students have the app open, encourage them to look at it and discuss what they notice with people around them.

Modifications/Differentiation:

- For students who do not have an app or a way to track their usage have them keep a log and tally mark how many times they used or checked their phone for an entire day. Additionally, have them record how much time they used the phone each time.
- Provide students with the questions.
- Prepare students that they will be working with other students.
- Allow students to prepare their answers first then share out.

Checks for Understanding:

- What did you notice about your cell phone usage?
- Were there any patterns you noticed?
- How do you think being mindful of our cell phone use can help us be healthier emotionally and physically?

Activity Progression (continued):

Sample Questions to encourage discussion:

- Who has the highest lowest screen time?
- Are there certain points in the day when your screen time is higher/lower than other parts of the day? Have them analyze why that might be. Are they participating in a specific activity?
- Are they using their phones a lot before bed?
- What kinds of usage do they notice they use the most (social media, entertainment, etc.)?

If a student does not have their phone or is using one that does not track screen time, have them partner up and share the results of another student.

Sample script:

"What did you all think of your screen time usage? Were you surprised? If we were to pick a particular day and also add other screen time such as TV watching or computer or video game use, how much more screen time might you have in a day? I want you to find the least amount of screen time the app has recorded for you in a single day. Tell someone close to you what your least amount of time for a single day is. How, you have a challenge, to try and beat that number tomorrow by getting the least amount of time on your phone screen as possible. Can you do it? In a couple of days we will check our phones again and reflect on our usage."

Tell the students how today's activity allowed us to become mindful of the amount of time we spend on our phones. Reinforce the importance of being mindful of what we do and how we feel. Being mindful can have a positive effect on our personal lives as well as others around us. Tell students that we will revisit cell phone use and screen time in a couple days/lessons.