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## **Health to meet you**

**2019-1-CZ01-KA229-061152**

**Health dimension:** Screen Use

**Name of activity:** “The harmful effects of technologies”, ICT lesson

### **Description of the topic:**

New technologies are introduced every single day, and with them new concerns. Are technologies good or bad for us? The aim of this lesson is to point out some of the possible effects once more.

### **Initial assessment:**

The lesson starts with teacher's explanation about the topic. To start the conversation, students are asked to watch presentation and comment on the given diagrams.

### **Objectives of the activity:**

1. To encourage students to think about their attitudes towards technologies (pluses and minuses).
2. To widen students' knowledge of potential health problems caused by technologies.
3. To encourage searching for alternative ways to spend time without technologies.
4. To develop group-working skills.

**Target group:** 7<sup>th</sup> grade (13-14 years)

### **Activity process structure, implementation:**

1. Each group is given worksheet - a crossword puzzle about health problems caused by working with different technologies - playing computers, video games, using cell phones and watching TV.

2. Once the crossword puzzles are completed, teacher checks the correct answers and asks students to comment them, expressing their personal experience.

3. Together, a mind map is created. Students are asked to think of alternative ways to spend their free time without using technologies.

4. In order to get feedback from students on the progress of the lesson, the teacher uses the unfinished sentence method, which starts with three questions, and has to be completed and handed over to the teacher:

- The topic of the lesson was ....
- The possible problems that could appear because of using too much technology are....
- One of the free time activities that I am going to try is...

### **Equipment, aids, tools:**

Crossword on harmful effects of technologies- projekts.stunda.pdf.  
Presentation "Diagrams"

### **Expected results, assessment:**

### **References:**

[Modernās tehnoloģijas un bērna veselība - Atklājumi - Zinātne](#)

[Pētījums: Eiropieši digitālo tehnoloģiju ietekmi uz ikdienu vērtē pozitīvi](#)

[Why Steve Jobs Didn't Let His Kids Use iPads \(And Why You Shouldn't Either\)](#)

[Knowledge, perspective, advice, and comfort for parents - Nemours KidsHealth](#)

[Crossword puzzle maker](#)