

Grade 7 Tutor Period Activity for Digital Citizenship Week

Overview: The focus for the Grade 7 class tutor period is on maintaining balance in the context of digital citizenship. We don't need to exclusively discuss balance within technology as other topics may help students initially access the benefits of maintaining balance and strategies for doing so. During this tutor period students will discuss examples they know of and strategies they can implement to maintain balance with their technology use, time management, balance of work and fun, etc. Students will also participate in a physical activity ("A Frame") and explore the metaphor of physical balance to see what they might be missing in their understanding of a balanced lifestyle.

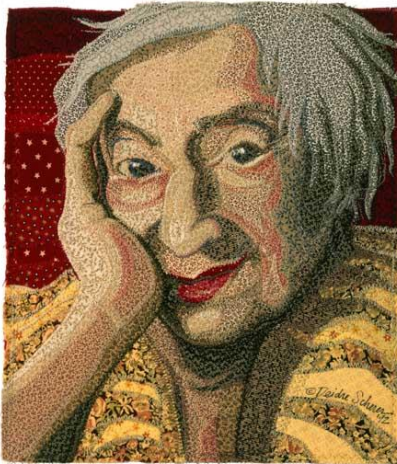
Materials:

- This lesson overview
- A copy of the worksheet for each participant.
- A tape measure for A-Frame or way of measuring (# floor tiles etc.)
- A copy of the article or link accessible for students.

Procedure:

Part 1: Provide a brief overview of the focus of the tutor period, then begin with the following reading to raise awareness about an older person's reflection on the balance they were or were not able to maintain over the course of their life.

IF I HAD MY LIFE TO LIVE OVER



I'd dare to make more mistakes next time.
I'd relax, I would limber up.
I would be sillier than I have been this trip.
I would take fewer things seriously.
I would take more chances.

I would climb more mountains and swim more rivers.
I would eat more ice cream and less beans.
I would perhaps have more actual troubles,
but I'd have fewer imaginary ones.

You see, I'm one of those people who live
sensibly and sanely hour after hour,
day after day.

Oh, I've had my moments,
And if I had it to do over again,
I'd have more of them.
In fact, I'd try to have nothing else.
Just moments, one after another,
instead of living so many years ahead of each day.

I've been one of those people who never goes anywhere
without a thermometer, a hot water bottle, a raincoat
and a parachute.
If I had to do it again, I would travel lighter than I have.

If I had my life to live over,
I would start barefoot earlier in the spring
and stay that way later in the fall.
I would go to more dances.
I would ride more merry-go-rounds.
I would pick more daisies.

Nadine Stair,
85 years old.

Suggested Processing Questions:

- What is the main point this author wanted to make in sharing this reflection?
- Do you think she is satisfied with how she has led her life?
- How do you think the theme of balance is relevant to this discussion?

Part 2: Have people complete [the worksheet](#) and share examples of people they know who are good examples of maintaining balance.

Share examples of people who maintain balance.

In [this video](#) Sean Stephensen makes some great points about balance (controlling stress).

Part 3: Activity A-Frame

(arms outstretched leaning against someone else to see how far you can get your feet back from each other) -

First Round - with someone about your size.

Second Round - with someone either larger or smaller than you

Part 4: Read [this article](#) on maintaining balance.

What are the connections between the position this article takes on maintaining balance and what we need to be aware of.

Here are some links to information/applications that can help us maintain balance.
Which others can you think of?

www.rescuetime.com

[YIS Student Tech Team Tips](#)

[A great list from UWC](#)

[A great list from AIS, Singapore](#)

[Self Control](#)

[How to Learn Time Management with the Pomodoro Technique](#)

[Pomodoro Techniques with a Mac](#)

[Pomodoro App from iTunes \(free\)](#)

[Study Buddy App from iTunes \(99c\)](#)

[Impetus App from Android Store \(free\)](#)

Part 5: End with 'Secret Agent' closing activity.