



Video Discussion

What You'll Need: • [Video](#) • [Pause & Think handout](#) • [Pause & Think handout \(Spanish\)](#)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video where you'll learn a three-step routine to reflect on how technology can make you feel.*
2. **Show** the video [How Does Technology Make You Feel?](#) (0:51 minutes). (Note: The video is also available in Spanish, and you can also use the video player to turn on subtitles.)
3. **Lead** a class discussion exploring the questions below.

Distance learning option: Have students watch the video and complete the [Pause & Think handout](#). If there's time, have students share their drawings during a video meeting.

Discussion Questions

1. *The Digital Citizens talked about how technology makes them feel. How do you feel when you use technology?*
 - Answers will vary. Encourage students to describe a range of feelings, and reflect on a broad use of media (not only to watch shows or play games, but also to communicate with family and friends, create things, learn, and complete schoolwork).
2. *What are some things you do that make you happy?*

Sample responses:

 - watching a show or videos that make me laugh
 - Playing a game that's fun and challenging
 - video chat with my family or friends
 - Creating new things by coding or with digital art tools
3. *Do you ever feel sad or mad when you use your devices? What can you do when technology makes you feel that way?*

Sample responses:

 - I feel mad when my parent says I have to stop what I'm doing (e.g., playing a game, watching a show). when I feel that way, I could pause and think about how to be kind to my parents, and remember that it's important to do other activities.



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Quick Activity

- I feel sad when I see a show or something that makes me sad or scared. When I feel that way, I can turn it off, go to another room, or talk to a trusted adult about what I'm feeling.



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.