



GRADES K-2 FAMILY CONVERSATIONS

SELF-MANAGEMENT IN DIGITAL LIFE



Talk About How Your Child Manages Their Emotions During Transitions

Your child is learning how to transition from an online activity to an offline one. Use these questions to talk with them about how to regulate their emotions when it's time to put the device away.

Ask these three questions:

1. *I hear you learned a strategy at school for saying goodbye to the phone, tablet, or computer when it's time to stop. Can you tell me about it?*
 - Listen for:
 - *Pause!* [hold hands out like you're backing up]
 - *Breathe!* [sweep hands up chest]
 - *Finish up!* [wave goodbye with both hands]
2. *How do you feel when your time watching TV or using your tablet is over and you have to turn it off?*
3. *Why is it important to stop what you're doing and **pause** for people, even if you don't want to?*

Learn more ways to find balance in your digital lives at commonsense.org/family-tips-on-media-balance!

Family handout for grade K lesson [Pause for People](#), or K-2 SEL classroom activity [Saying Goodbye to Technology](#)



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.