

CyberBreak

A 24 hour family digital detox
from 5pm, Friday 20th October



PUPIL ACTIVITIES



Teachers! Try these fun activities designed for pupils in your classroom and get them thinking laterally and mark CyberBreak 2023 in your school. **All the activities can be adapted through context for both primary and post-primary settings** and are designed to focus on taking a break from technology and the impact the online world has on us all.

1 Imagine a world without any technology: Draw a picture or write a short story about this world. What does it look like? How do people live? What do they do each day?

2 Think of 30 new uses for a smartphone: e.g. a drinks coaster, a dining table for ants, a reflector to send messages to ships at sea etc. You can do this as a class or individually! Think creatively.

3 Design an interesting schedule (for one day) for a family: Remember: they have to spend the *entire* day without any online technology!

4 Create a brand new offline game you can play (in a group of 4 or a team).

You must:

- Decide clear rules
- Design a way to win
- Give it a Name
- Make sure everyone can participate in the game
- Make it safe
- Test your game
- Have fun playing it!



5 Set up a debate in your class: Agree on clear rules of how to give everyone a voice and how to exchange ideas respectfully. You should discuss this statement: **“The online world has made our lives better.”**

6 Thirty years ago the idea of a smartphone was just an idea from a sci-fi movie... In pairs, **design the smart device that will exist thirty years from now in 2053.** What will it look like? What can it do? How will you use it? Draw and annotate a diagram and pitch it to your class for feedback.

7 Discuss in groups how you spend time online. Now **create a campaign to promote better digital health for your peer group.** You will need a name, logo, slogan, and campaign message. Use these to create a one minute campaign video for social media!

8 Talk as a class about how the online world can exclude people based on many different factors including age, appearance, gender, race, language, or interests. Generate ideas on **how we can make the online world a more positive and inclusive place for everyone.**



With your caregiver or teacher's permission, send us photos or videos of your activity results to enter our prize draw! Please send your creations to office@cybersafekids.ie with the subject title: 'CyberBreak' or ask your teacher to post them on your school's social media channels tagging CyberSafeKids and using **#cyberbreak23.**

