

WEEKLY ACTIVITIES

CYBERBALANCE

AFTER WATCHING *FINDING BALANCE: PART 1* AND SIGNING THE *INTERNET SAFETY PLEDGE LEVEL II*, USE THESE RECOMMENDED GAMES TO TEACH YOUR GROUP ABOUT **BALANCE WITH TECHNOLOGY**. OTHER TERMS FOR THIS ARE **CYBERBALANCE**, OR **DIGITAL BALANCE**. THE SUGGESTED ACTIVITIES HELP HIGHLIGHT DIFFERENT WAYS OF COMMUNICATING AND BALANCING OFFLINE AND ONLINE ACTIVITIES.

1. MEDIA LOG

Say: *We are going to keep a media journal and record all of our media consumption for one week. Log your media use for a full week and report back when we meet again. Use the handout to log what you've read, viewed, and listened to as well as the device you used to access the media.*

When your group meets again, discuss your logs. Here are some suggested questions:

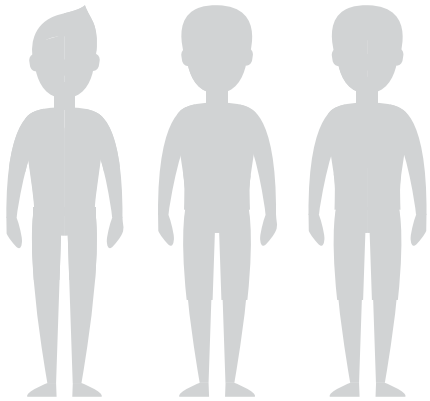
- Did you notice any patterns in your log?
- What are some daily patterns and some weekly patterns?
- Did you find it hard to log all your screen time and device use?
- How long did you spend with digital devices each day?
- What device did you spend the most time on?
- What activity did you spend the least amount of time on?
- Are you surprised by any of your logs?



You will need:

- One copy of the Media Log for each Scout
- Pens or pencils

2. CHARADES



You won't need any materials for this activity.

Gather up your group. Ask:

What are some things you do for fun, on the computer and the Internet, and outside?

Say: *Think of one thing you like to do with technology, and one thing you like to do without technology. But don't say it out loud!*

Taking turns, have one Scout at a time act out their activities while the others try to guess what it is. When you guess their activities, switch to the next Scout.

Ask: *What are some positive things that come from being on the internet and on screens? What are some negatives? (Hint: How does your body and mind feel? Who are you getting to hang out with?)*

3. OFFLINE AND ONLINE GAMING

Plan your meeting so that you have enough time to:

1. Play an online sports game
2. Play an offline sports game
3. Regroup briefly

First, Scouts first play a game on mobile devices that mimics a sport. Examples include NBA Jam or FIFA Mobile, but your Scouts may have their own suggestions. Make sure you have access to the equipment and courts needed for your chosen sport.

After playing online, gather up the Scouts and start a real, offline game of the same sport.

You will need:

- A location and equipment to play a sport (basketball, soccer, ultimate frisbee, etc)
- Mobile devices or computer with internet access

Ask: *How does it feel to play this game with technology? Without technology? What is it like to be in a team? Solo? Which activity is more physically engaging? Mentally engaging? Socially engaging? Which is more convenient to schedule, and how can we resolve scheduling complications?*

MEDIA LOG

| Day of Week | Time Spent | Device (phone, computer, tablet) | Activity (Facebook, homework, re-search, browsing) |
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