

Lesson objectives		Resources
Learn to recognise how online activity can affect wellbeing. Learn how to balance screen time with other activities. Reflect strategies to look after our emotions while being online. Develop our resilience skills and self-worth.		Online slides – How might being online impact the way I feel? Pupil worksheet – Jamie’s Online Timeline Pupil worksheet – Personal Reflection
Pol-Ed Passport focus		
Resilience and self-worth : Pupils develop resilience skills by learning how to manage different emotions they may experience from being online. Pupils develop self-worth by thinking about how they can feel good whilst being online.		
Lesson walk through		
Starter	The lesson starts by asking pupils to identify how they felt last time they were online, pupils write or draw an emotion or emoji on a sticky note and place this on the board.	
Key knowledge	Being online can make us feel a wide range of emotions. Sometimes, it can be exciting and fun for example playing games, chatting with friends, or learning something new. These experiences might make us feel happy, proud, or calm. However, being online can also lead to negative feelings, such as sadness, worry, or anxiety. For example, seeing unkind comments or spending too much time on screens can affect how we feel in a less positive way. Maintaining balance is essential when it comes to screen time. If we spend too long online, we might start to feel tired, irritable, or even struggle to sleep well. That’s why it’s important to mix screen time with other activities like playing outside, reading, doing sports, spending time with family, and getting enough rest. If something online causes pupils to feel confused, unsafe, or upset, it’s important they talk to a trusted adult. This could be a parent, teacher, or another grown-up. Asking for help is a sign of strength, and it helps us stay safe and supported when navigating the online world. Developing healthy habits while being online is key to protecting our well-being. These habits might include taking regular breaks, setting time limits, choosing positive and age-appropriate content, avoiding comparisons with others, and being kind and respectful in digital spaces.	
Practice	There are lots of opportunities for discussion. Pupils investigate a case study in which they discuss how the character feels at different times of the day after spending time online and offline	
Personal reflection	Pupils will consider the impact that the lesson has had on: themselves, their families and friends, their community and their country.	
Common misconceptions		
All screen time is negative and bad for well-being. Being online can be an amazing tool for friendship, learning and fun but balance is important.		

Further signposting and support

BBC Bitesize - How to balance your screen time – health and wellbeing online: <https://www.bbc.co.uk/teach/articles/zh9r6rd>

NSPCC - Online wellbeing: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/>

PSHE association program of study

H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online.

H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health.

H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing.

H17. to recognise that feelings can change over time and range in intensity.

H18. about everyday things that affect feelings and the importance of expressing feelings.

H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others.

Below are some other PSHE values that may be covered by discussion within the lesson from the questions posed in the lesson itself and the considerations in the lesson plan.

R15