

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

What to do without technology activity for primary school children

Technology has advanced in the last fifty years that it has become a constant factor in our lives. Iphones, I pads, computers, games virtual reality. These are the factors which distract us from reality. Even though this technology is useful they act as an addiction which people struggle to let go of. It's important for children and adults to learn to step away from technology and live in reality to recapture the essence of living.

Exercise one

The children should be given little post-it-notes to write on what activities they can do instead of using technology to pass the time for example.

- Colouring
- Drawing
- Writing
- Play a game
- Explore nature

These are some of the endless possibilities that children can do to pass the time when they are at home or when they are at school and have finished their work. Allow the children a chance to write down activities that they can do at home and they can do in school.

Exercise two

Once the children have written down their activities on little post-it notes give them an empty mayonnaise jar or a jar of a similar build and allow them the chance to decorate the jar using different materials, paints, jewels or paper. These jars will be known as the activities jar. The purpose is for the children to put all the activities they have written down into the jar and when they are bored or finished school work they can go to the jar and select an activity to help occupy their time instead of resulting to technology. Here's an example of what their jars may look like.



Extension Exercise

Once all the children have decorated their jars and put in their post- it- notes, they should be able to take them home and use them. In order to ensure that the children are using the activity jars the children can complete a time sheet which shows them what day they used the jar, what time, and how long did the activity last. To make this more interesting the teacher can enforce a small competition to say which ever child spends the longest doing the activities from the jar they will receive a little prize at the end of the week.

Activity	Day	Time it starts	Time it ends	Total time spent on activity
Making a book mark	Monday morning	10:05am	10:30	25 minuets
Writing a story	Tuesday afternoon	2:40pm	3:20pm	40 minuets
Go to the park	Thursday afternoon	4:00pm	5:30pm	1hour 30 minuets
Play a board game	Friday morning	11:35am	12:05	30 minuets

This will certainly encourage the children to use the activity jar and fill out their time sheets. This activity overall will ensure that children will be spending more time in reality doing creative things rather than staring at a screen. This activity can also be used when the children have golden time on a Friday afternoon were they get the chance to spend the afternoon doing what they like instead of learning.

What to do without technology activity for secondary school students

As children grow up they become more dependent on the use of technology. Now a days student have IPHones and IPads and computers to keep them entertained or to help them with their school work. It's important to remind students the joys of spending time without technology inside and outside of school.

Exercise one

Without using any technology like the whiteboard or computer, get the class to draw mini self-portraits on a post it note with their names on the paper, and get them to stick it on the whiteboard. This will act as a class register and the post it notes should cover most of the whiteboard which will put it out of use for the remaining activities.

This activity is a fun way to establish which students are present in the lesson and a fun way to take the register without using the whiteboard or computer. To make it extra effective the teacher can write down a list of the students in their class on a piece of paper and can send it to the office at the end of the lesson.

Exercise two

Technology was not always present in education, it's only the past fifty years it has become a popular tool to use. Using history books from the Victorian era and early 20th century, get the students to write a list of all of the equipment and lessons used in an ordinary school back in these times, the children will need to write why each equipment was used and its purpose. For example:

- Chalk board: This was used as the main function of learning, the teacher would write and draw on the board whilst the children copied it down.
- Quills, Ink: They used this equipment to write on paper instead of having pens and pencils
- Paintings on walls: They had paintings on walls of the monarchs of England and English crests which represented the school and county.
- Abacus: used for maths and to help counting.

This activity links in with history and is a good cross curricular activity for the students.

Extension exercise

Once the students have written their lists, hand them a piece of paper with a feather from the art supplies and a small pot of ink. Get the students to use the feather as a quill and write on the paper. The students can attempt to write a list of activities they can do at home that children in the Victorian times used to do. This way the students can re-live history and have fun by trying out the activities. E.g.



Quill and Ink the students will use.

List of activities they can attempt at home

- Make clothe peg dolls
- Make a toy out of wood or plastic
- Play with marbles
- Create your own crest
- Draw