








Activities Summary
Social Media: Be Real & Be Healthy (🌈 A Social Health Story)
(5th Grade – 10-11 yrs.)

-  **#1-Video: Digital Citizenship**
 - Students learn about being a responsible digital citizen and apply this knowledge to social media.
 - Approx Time: 15-20 mins
 - Story Connection: Slide 2

-  **#2-Think, Pair, Share: A Tool is Only as Good as the User**
 - Students learn that social media is a tool that is neither good nor bad and look at the positives and negatives of their favorite apps.
 - Approx Time: 20-25 mins
 - Story Connection: Slide 3

-  **#3-Skit-Role Play: What Would You Do?**
 - Students are presented with challenging situations related to social media that they will act out and brainstorm positive solutions.
 - Approx Time: 30-45 mins
 - Story Connection: Slide 5

-  **#4-Worksheet: Dare to Compare**
 - Students explore the fear of missing out and learn how comparing themselves to what they see on social media can rob them of real-life joy.
 - Approx Time: 25-30 mins
 - Story Connection: Slides 6-7

-  **#5-Craft: Vision Board**
 - Students create a vision board to help them focus on themselves, their happiness, and their goals rather than everything they see on social media.
 - Approx Time: 45-60 mins
 - Story Connection: Slides 8-9