



## IKeepSafe™

### *Faux Paw Goes to the Games-* Balancing Real Life & Screen Time **Guided Discussion**

#### **OBJECTIVE**

Have children discuss and understand three concepts contributing to safe and healthy Internet use.

- 1) How to recognize attributes of a true friend.
- 2) What are goals? What goals do I have? How can spending too much time online affect achieving those goals?
- 3) How to balance time spent on-and-offline.

#### **WARM-UP**

Ask: *How many of your parents use the Internet at home?*

*How many of your parents let you use the Internet?*

*What do you like to do on the Internet?*

*What are some of the fun sporting activities you enjoy doing when you aren't on the Internet?*

Read the title, *Faux Paw Goes to the Games—Balancing Real Life & Screen Time*.

Ask: *Do you know who Faux Paw and Tai Shan are? Let me introduce you to the characters in the book we are about to read.*



Explain: Think about the sporting activities you enjoy doing. It is healthy for your body to run, jump and move around. That “balances” the time you spend sitting and lying down. (Place your hands facing up at shoulder level like a scale.) If you sat in a chair hour after hour, that would not be balanced. (Put your left hand much higher and the right hand down low.) Balancing REAL LIFE and SCREEN TIME is a healthy way to use computer. (Put hands at the same level showing the scale balanced.) Computers and the Internet are great tools for us to use, but we have to be careful to stay active and balance our time.

Read the book:

*Faux Paw Goes to the Games—Balancing Real Life & Screen Time*

Watch the movie:

*Faux Paw Goes to the Games—Balancing Real Life & Screen Time* animation

## **FRIENDSHIP**

Discuss: Think about one of your best friends. Don’t say the name out loud, but think about that person’s name in your head.

Ask: Why are they a true friend?

Do you think Kittyface (the bulldog) was a true friend?

What did Kittyface do to keep Faux Paw playing the game on the computer?

Why was Kittyface trying to keep Faux Paw playing the game and to keep her from leaving the Internet cafe?

How could you tell that Faux Paw was spending too much time with the online game?

What did Tai Shan do to act like a true friend?

## **GOALS**

Discuss: Spending time online shouldn’t stop you from reaching your

goals. At the end of the book Faux Paw said, “Don’t let the Internet – games, chat, IM, or surfing- get in the way of your real life goals...”

Ask: What is a goal?

Discuss: A **goal** is something you intend to do. A positive goal aims you in the right direction to achieve what you want to do.

Ask: What is a goal you have? (Prompt: You might have a goal to be a good artist, to be a true friend, to improve at playing baseball, to improve your penmanship, to earn money to help buy a bike.)

How could spending too much time playing Internet games or chatting online hurt your chances of reaching your goal?

### **BALANCING REAL LIFE AND SCREEN TIME**

Discuss: Faux Paw didn’t pay attention to her real life friends and forgot about the real life things she needed to do.

Ask: What real life experiences did Faux Paw miss when she wouldn’t stop playing the online game?

Discuss: Faux Paw got mixed up and did not balance real life and screen time because she stayed up all night. Some parents set time limits on how long Internet games can be played.

Ask: How do you think this could be helpful?

Discuss (Conclusion): Faux Paw learned the importance of not letting computers and playing online games get in the way of real life. Computers can be very helpful and fun, but **you can be in control** of the Internet, don’t let it **control** you.