

Managing digital wellbeing

Should we just play video games all day?

Australian Curriculum Alignment	Level 1	Level 2	Level 3
	Manage the wellbeing of self by following adult directions at school and home to implement healthy practices with their use of tools.	Manage the wellbeing of self and others by participating in the creation of rules and applying them at school and home to implement healthy and manageable practices with their use of tools.	Manage the wellbeing of self and others by following an agreed code of conduct to support healthy and manageable practices with their use of tools.
<p>Immersion</p> <p>For reading at home – share A Gamer’s Guide, by Gamers – and have students read it. Stimulate class conversation by asking</p> <ul style="list-style-type: none"> • What was your favourite part of ‘A Gamer’s Guide: by Gamers?’ • Why wouldn’t those gamers recommend you play video games all day? 	<p>Activity</p> <p>F – 2:</p> <ul style="list-style-type: none"> • Get students into small groups. • Have them share and write down their favourite video game and favourite console. • Then, have them talk about the rules they have about gaming in their house. • Based on that discussion – ask them to come up with one thing for each of the questions: <ul style="list-style-type: none"> ○ What they know about gaming in moderation? ○ What do they want to know? ○ What have they learnt in this activity? 	<p>3 – 4:</p> <ul style="list-style-type: none"> • Complete the F – 2 activity. • Ask groups to develop their own list of ‘household rules for gaming’ that takes into account the things they have learnt about healthy gaming. 	<p>Share and discuss</p> <ul style="list-style-type: none"> • Ask students to think about whether video games are really bad for you? • Ask students to share their rules, and focus in on rules that are about moderation – such as getting enough sleep, eating healthy food, doing other activities before gaming, being with friends and family.
		<p>Resources:</p> <ul style="list-style-type: none"> • A Gamer’s Guide, by Gamers – to view the Guide, click here. • K-W-L Chart worksheet 	

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K – W – L CHART

Topic: playing online in moderation

What I know:

What I want to know:

What I learned: