



## Social Emotion Learning and Drama

*A creative approach to building school and life skills*

HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

### This is Your Life

**DESCRIPTION:** Your life is good. Success at school. Fun with friends. Playing awesome online games. And playing. And playing. And playing. For hours on end. How does technology influence our personal health?

**GRADE LEVEL FOCUS:** 4-6

**SEL FOCUS:** Technology and Health

NHES.2.5.5 Explain how media influences thoughts, feelings, and health behaviors.

NHES.2.5.6 Describe ways that technology can influence personal health.

NHES.5.5.4 Predict the potential outcomes of each option when making a health-related decision.

NHES.5.5.5 Choose a healthy option when making a decision.

NHES.5.5.6 Describe the outcomes of a health-related decision

**ACTIVITY:** Students watch the daily life of the main character and then discuss what choices he made that negatively affected his life.

**TO PREPARE,** please:

- Preview the video before sharing it with your students to best help you introduce the activity.
- Let students know that they will be watching the life choices of a young character and need to identify what choices are negatively affecting his life.
- If desired, instruct students to have a pen/pencil and paper ready to make notes.



Four and a half minute video