



GRADE 1

Pause & Think Online

How can we be safe, responsible, and respectful online?



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.

OVERVIEW

From our head down to our toes, and our feet up to our nose, the Digital Citizens teach students how to be safe, responsible, and respectful online.

[See the U.K. version of this lesson plan](#)

Learning Objectives:

- Understand the importance of being safe, responsible, and respectful online.
- Learn the "Pause & Think Online" song to remember basic digital citizenship concepts.

Key Vocabulary:

online

using a computer, phone, or tablet to visit a website or app

pause

to stop what you're doing or saying

Key Standards Supported

Common Core ELA

L.1.1a, L.1.6, SL.1.1, SL.1.1a, SL.1.1b, SL.1.1c, SL.1.2, SL.1.3, SL.1.4, SL.1.5, SL.1.6, W.1.2, W.1.4, W.1.10

CASEL

1a, 1e, 2a, 2b, 2c, 3b, 3d, 4a, 4b, 4c, 4d, 5a, 5b, 5c, 5d, 5e, 5f

AASL

I.A.2, I.B.3, I.C.1, I.C.4, I.D.1, I.D.3, I.D.4, II.A.1, II.A.2, II.B.1, II.B.2, II.B.3, II.C.1, II.C.2, II.D.1, II.D.2, II.D.3, III.A.1, III.A.2, III.A.3, III.B.1, III.B.2, III.C.2, III.D.1, V.B.2, V.C.3, V.D.1, V.D.2, VI.A.1, VI.C.2

ISTE

1d, 2b, 2c, 3d, 7a, 7c, 7d

What You'll Need

Some resources below are available in Spanish

Classroom resources

- [Lesson Slides](#)
- [Video: Pause & Think Online](#)
- [Pause & Think Moment Handout](#)
- [Coloring Book](#)
- [Poster: Song Lyrics](#)
- [Poster: The Digital Citizens](#)

Take-home resources

- [Family Activity](#)
 - [Family Engagement Resources](#)
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Don't have time for a full lesson?

15 mins.

This SEL activity helps students build healthy relationships in their digital life. [Get the quick activity](#)

Lesson Plan

Watch: **Pause & Think Online**

5 mins.

Before the Lesson: Introduce The Digital Citizens characters by having students complete the [Coloring Book](#).

1. **Ask:** *Do you ever go on the internet? What kinds of things do you do? Or could you do?*

Invite students to respond. Answers will vary, but emphasize that there are many different things we can do online, including learning new information, playing games, communicating with friends and family, and looking at pictures and videos.

2. **Say:** *Wow! There are so many amazing things we can do online.*

Project [Slide 3](#) and define **online** as *using a computer, phone, or tablet to visit a website or app.*

3. **Say:** *When we go online, it's important to follow certain rules to make sure we have a good time. Today, we're going to listen to a song called "Pause & Think Online" to learn how we can be safe and responsible on the internet.*

Ask: *What does it mean to pause?*

Invite students to share out. Project **Slide 4** and define **pause** as to *stop what you're doing or saying*.

4. **Play** the "**Pause & Think Online**" music video on **Slide 5**.

As the video plays, model the dance moves in the chorus and encourage students to join!

Chorus:

From your head down to your toes [Point to head and then to toes]

Pause and think about it [Stick both hands out in front and then point hands to head]

From your feet up to your nose [Point to feet and then to nose]

Pause and think online! [Stick both hands out in front and then point hands to head]

Explore: Head to Toe

15 mins.

1. **Say:** *The Digital Citizens showed us how to use our head, legs, feet, arms, gut, and heart to be safe and responsible online. Let's take a look at each of the characters and what they do!*

Project **Slide 6** and read the name of each character along with the following descriptions:

- *Arms: Use your arms when you're online to balance your time.*
- *Guts: Listen to your gut to stay safe online.*
- *Feet: Use your feet carefully when leaving tracks online.*

Project **Slide 7** and read the name of each character along with the following descriptions:

- *Legs: Use your legs to stand up to bullies online.*
- *Heart: Use your heart to be kind and respectful online.*
- *Head: Use your head to ask questions about what you see online.*

Note: Each of the characters represents one of the six digital citizenship topics as listed below:

- Head: News & Media Literacy
- Arms: Media Balance & Well-Being
- Guts: Privacy & Security
- Legs: Digital Drama, Cyberbullying & Hate Speech
- Feet: Digital Footprint & Identity
- Heart: Relationships & Communication

2. Ask: Which character do you relate to the most when you go online? Share with your partner. (Slide 8)

Have students pair-share and then invite students to share with the class. Or take a poll of which character each student relates to the most.

3. Say: Now we're going to take a closer look at a few of the scenes from the song.

For slides 9-13, project each slide, read aloud the question, and have students pair-share. Then invite students to share with the class. This can also be done as a whole-group discussion instead.

Refer to the following suggested answers to guide the discussion:

- Do you believe everything you see on the internet? (Slide 9)
 - It's important not to believe everything you see on the internet, since people can make things up that aren't true. Always think carefully about the things you see online!
- Why should we take a break from technology sometimes? (Slide 10)
 - It's a good idea to take a break from technology every once in a while, so you can spend time being active and hanging out with friends and family.
- Why shouldn't you open a message from someone you don't know? (Slide 11)
 - It's important not to open up messages from people you don't know, since the information may not be appropriate or safe.
- Why is it important to be kind online? (Slide 12)
 - Being mean hurts people's feelings. We are kind and courteous to others, both in person and online.
- Why shouldn't you share your username and password with other people? (Slide 13)
 - It is considered private information and something you want to keep safe. Others could log in to your account and pretend to be you. You should only share it with trusted adults, like your teacher or parents.
- How do you communicate with friends and family online? (Slide 14)
 - Answers will vary, but students may mention video calls with grandparents or cousins.

Reflect: Pause & Think Moment

5 mins.

- 1. Say:** Today we watched *The Digital Citizens* show us how they sing and dance to remember to be safe and responsible online. Remember that when you're online, you should pause and think to make sure you're doing the right thing! Now, I'd like for you to pick one of the body parts and think about how you will use it next time you go online.
- 2. Distribute** the **Pause & Think Moment Student Handout**. Read the directions aloud and allow students to complete the reflection independently. (Slide 15)
- 3. Invite** students to share their reflections with the class. Collect handouts to assess student learning.
- 4. Send home** the **Family Activity**.

Extension Activity:

Break the class up into 6 groups and have each group focus on one body part and digital citizenship topic (head, legs, feet, arms, gut, and heart). Have each group come up with a skit or poster to show how they will use that particular body part to be safe and responsible online. Students can refer to the **Coloring Book** for what each character represents. Have each group share with the rest of the class.

Additional Resources:

- 1. Quick activity alternative:** Common Sense Education has partnered with [Book Creator](#) to develop a free, [interactive e-book](#) for this lesson. The interactive e-book covers essential topics from the lesson. You can assign it so your students work on it independently or you can read it together during class.
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