

# Robin

## LESSON PLAN *Social Media* (30-45 Minute Lesson for grades 5-8) Date:

NY State ELA Anchor Standard for Writing 4: Develop personal, cultural, textual, and thematic connections within and across genres through written responses to texts and personal experiences.

What Students Should Be Able To Do, Know, Understand, Accomplish At End of Lesson/Goals:

- Define 5 relevant vocabulary words (e.g. novelty, FoMo, dependence, compulsion, maladaptive)
- Consider the question: Do I Have A Healthy Relationship With My Technology?

Teacher Prep:

- Read "[A Teen Explains How to Deal with Your FOMO](#)"
- Watch Video: <https://vimeo.com/526136669>
- Presentation should include 5 related vocabulary words/key words

Materials Needed:

- Access to [Is It Hard To Put Technology Away?](#) video on Vimeo.com
- Access to "[A Teen Explains How to Deal with Your FOMO](#)" <https://www.vice.com/en/article/qvj8g3/a-teen-explains-how-to-deal-with-your-fomo>
- Access to the Robin Social Media Use quiz: <https://forms.gle/n39RVMMtG9bVZKtt5>
- This Lesson Planning Sheet

### **Opening:**

- Introduce Sara Kaviar and read her commentary
  - <https://www.my-robin.com/our-coaches/sara-kaviar/>
  - "There's so much possibility for being creative and being in touch and sharing and collaboration and community and communication with technology today. It's amazing" - Coach Sara
- Watch [Is It Hard To Put Technology Away?](#) together as class <https://vimeo.com/526136669> (3 minutes)

**Time:**  
4-5  
min.

### **Activity**

Have students take the [Robin Social Media Use Quiz](#)

- <https://forms.gle/n39RVMMtG9bVZKtt5>
- If students finish before time is called, they can look through the results section. Are these results what they expected?

10-15  
min.

### **Reading Prompt:**

Have students read "[A Teen Explains How to Deal with Your FOMO](#)"

<https://www.vice.com/en/article/qvj8g3/a-teen-explains-how-to-deal-with-your-fomo>

10  
min.

### **Group Activity:**

In small groups or as a class, discuss the following questions:

- What are some of the benefits of social media?
- What are some of the downsides?
- How much time do we spend thinking not only about social media, but about its effects on us?
- Are we using social media, or is social media using us?

5-10  
min.

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**Closing:**

- If students discussed in small groups, what were the outcomes of those discussions? In conversation or as an exit ticket, ask students:
  - What did you learn today?
  - Are you inspired to change any habits?
- Thank students for their openness and close the activity.

4-5  
min.