

GRADE 2 LEARNING PACK

# Technology, Movement & Balanced Routines

Plan balanced routines that include learning, movement, rest, offline play and relationships without rigid screen-time shame.

**LEARN • PRACTISE • CREATE • REFLECT**

Original BrightPencil Kids resource - adult-led where appropriate

A4 edition • 12 purposeful pages • review copy

**Print. Learn. Grow.**

# Grown-up guide

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## Learning objective

Plan balanced routines that include learning, movement, rest, offline play and relationships without rigid screen-time shame.

## Use this pack well

- Model the first example aloud, then let the learner try.
- Ask “How do you know?” more often than “Are you finished?”.
- Use real objects, talk, movement or observation when the activity suggests it.
- Stop or shorten the session if attention or enjoyment drops.
- Open-ended pages can have many successful answers.

## Quality note

This resource was written originally for BrightPencil Kids. Curriculum sources informed scope and progression only; no third-party worksheet or story text is reproduced.

# Learn the idea

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**1** technology can support learning and creativity

**2** breaks, posture, movement and sleep routines matter

**3** families may set different age-appropriate technology boundaries

## Talk about it

Explain one idea in your own words. Give an example from real life, a drawing or an object if that helps.

Plan a fictional after-school routine with online and offline activities.

Choose a movement break after a focused digital task.

Identify a device habit that could interfere with sleep routine.

Explain why “all screen use is the same” is too simple.

Write one respectful family technology rule and its reason.

## Try it beyond the page

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### Real-world / hands-on connection

Try one low-stakes activity with a trusted adult/teacher and discuss what felt useful or needs adapting.

### Before you finish

What did you notice?

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What evidence, object or example helped you?

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What would you change if you tried again?

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# Create something

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## Your project

Create a balanced-day wheel with learning, movement, meals, relationships, creative/offline play and rest.

Use this space for planning, drawing, mapping, designing or notes.



CHALLENGE

# Think deeper

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**1. What evidence shows progress or a thoughtful choice?**

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**2. Who can support this skill when needed?**

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**3. What is one small next step?**

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# Quick review

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1. In one sentence, explain the big idea of “Technology, Movement & Balanced Routines”.

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2. Draw or write one example that shows you understand.

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3. Choose one activity from this pack and explain the strategy you used.

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4. Write one question you still have.

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## Answer & discussion notes

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Use these as guidance, not scripts. Open questions can have different successful responses when the reasoning is sensible and evidence-based.

### 1. Suggested response

Use a specific example rather than a ranking.

### 2. Suggested response

A trusted adult/teacher/caregiver or appropriate professional may support the learner.

### 3. Suggested response

The next step should be specific and achievable.

### Review before publication

Check age fit, factual accuracy, clarity, accessibility, rights provenance and whether the activity works in practice. This file remains a review copy until those checks are signed off.

FINISH

# My learning reflection

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**I finished this BrightPencil learning pack.**

**One thing I understand better now:**

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**A strategy that helped me:**

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**Something I created or noticed:**

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**My next small question or goal:**

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