

GRADE 4 LEARNING PACK

Balanced Digital Routines

Plan technology use around purpose, movement, relationships, sleep routines and offline creation without treating all screen activities as identical.

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

Learning objective

Plan technology use around purpose, movement, relationships, sleep routines and offline creation without treating all screen activities as identical.

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

1 Digital activities have different purposes and demands.

2 Breaks, posture, movement and sleep routines support wellbeing.

3 Family technology rules can be reasonable even when different families choose different limits.

Talk about it

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

Compare coding, video calling family, passive scrolling and reading an e-book by purpose.

Plan a movement/eye break after focused screen work.

Identify a bedtime routine that reduces device disruption.

Write one family rule and explain the reason.

Challenge the statement “all screen time is exactly the same”.

Try it beyond the page

Real-world / hands-on connection

With a parent/caregiver, review one daily routine and choose one realistic adjustment if needed.

Before you finish

What did you notice?

What evidence, object or example helped you?

What would you change if you tried again?

Create something

Your project

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

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

CHALLENGE

Think deeper

1. Are all digital activities identical?

2. Why take breaks?

3. Who sets family device boundaries?

Quick review

1. In one sentence, explain the big idea of “Balanced Digital Routines”.

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

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

4. Write one question you still have.

Answer & discussion notes

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

1. Suggested response

No.

2. Suggested response

To support comfort, movement, attention and healthy routines.

3. Suggested response

Parents/caregivers with age-appropriate input from children.

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

I finished this BrightPencil learning pack.

One thing I understand better now:

A strategy that helped me:

Something I created or noticed:

My next small question or goal:

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