

GRADE 5 LEARNING PACK

# Healthy Digital Routines & Attention

Plan balanced digital routines around purpose, movement, sleep, relationships and focused attention.

**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 digital routines around purpose, movement, sleep, relationships and focused attention.

## 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** Different screen activities have different purposes and demands.

**2** Notifications and interruptions can fragment attention.

**3** Breaks, movement and consistent sleep routines support wellbeing.

## Talk about it

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

Build a clear model or organiser that shows: Different screen activities have different purposes and demands.

Use supplied evidence to test this idea: Notifications and interruptions can fragment attention.

Compare two cases and explain where this principle matters: Breaks, movement and consistent sleep routines support wellbeing.

Find one weak claim or assumption and revise it so it matches the evidence.

Write a short conclusion that states evidence, limitation and next question.

## Try it beyond the page

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### Real-world / hands-on connection

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

### 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

**Design a balanced-day planner with focused study, creative screen use, movement, meals, relationships and rest.**

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



CHALLENGE

# Think deeper

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1. Are all screen activities identical?

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2. What can frequent interruptions do?

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3. Who sets family device boundaries?

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# Quick review

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1. In one sentence, explain the big idea of “Healthy Digital Routines & Attention”.

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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

No.

### 2. Suggested response

Break concentration and make focused work harder.

### 3. Suggested response

Parents/caregivers with age-appropriate child input.

### 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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