

PROCEDURAL TEXT

GREEN TIME ACTIVITIES



Year 1/2

Lesson Overview:

Students explore the idea of screen time and green time, learning how to keep a healthy balance. They reflect on how their bodies feel after lots of screen time and how they feel after lots of green time. Students then plan and create a simple procedural text to teach Ollie how to do/play a favourite green time game or activity.

Learning Outcomes:

By the end of this lesson, students will be able to:

- identify the difference between screen time and green time
- describe how screen use can make them feel (comfortable/uncomfortable)
- recognise the importance of screen time balance
- organise ideas into a simple procedural text
- create a short “how-to” text using drawings and/or sentences.

Key Words:

screen time, green time, balance, feelings, healthy habits, steps

Lesson Resources:

[Slide Deck](#), [Song](#), [Writing Template](#), [Leaf Template](#)

Curriculum Links

Digital Technologies

- Explore how digital systems are used in everyday life (AC9TDI2K01)

English

- Create short texts using simple structures and features (AC9E2LY06)
- Use interaction skills to share ideas (AC9E2LY02)

Health and Physical Education

- Identify and practise strategies to promote health, safety and wellbeing (AC9HP2P06)
- Recognise how different situations can affect feelings and wellbeing (AC9HP2P01)

LESSON SLIDES

Introduce:

- Show images of screen time vs green time
- Ask:
 - What is screen time?
 - What is green time?
- Discuss feelings:
 - How does your body feel after lots of screen time?
 - How does your body feel after lots of green time?
- Play the song, [Screen Time & Green Time](#), which highlights the importance of screen time balance.
- **Story Hook** - “Ollie has had lots of screen time and needs some green time ideas!”
- Explain that the students need to teach Ollie a green time game
- Introduce procedural writing using the modelled example;
 - Title
 - Steps
 - Sequencing words (First, Next, Then).

Explore:

Students....

- Choose a favourite green time activity, e.g. playing soccer, walking the dog, climbing a tree...
- Use the template provided to write a procedural text for Ollie

Reflect:

- Students share their procedure with a partner
- As a class, discuss the importance of screen time balance

Exit Ticket: Students complete draw/write a green time activity on a green leaf template and add this to a classroom display.