



Radka Píro • Filip Raif

With or Without SCREENS

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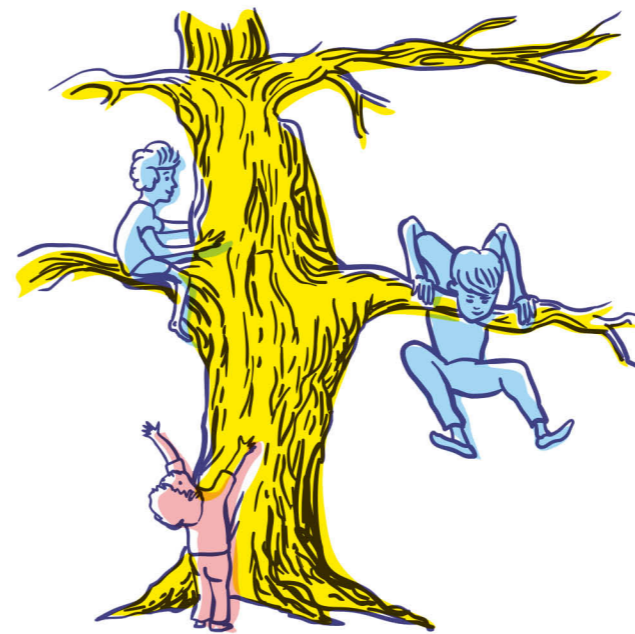
b4u publishing



ONline

Playing

OFFline



TRY SOMETHING NEW

Online games can be combined with games in the real world. Get your family or friends involved to have even more fun!



Talk to your parents

Do you prefer to play alone or with friends?

What are your favourite games. Why do you enjoy them most?

Do you know your fellow players of online games?

about ...

FUN AND GAMES

Wrap your arms around a branch, pull yourself up and ... you're in a tree! Perhaps it is a ship's mast, a fairy-tale tower, a beanstalk reaching into the sky ... Whatever it is, you have just learned something new. Maybe you climbed a little higher than last time. Maybe you exercised your imagination.



DON'T FALL INTO THE TRAP!

There's a lot to learn in front of a screen too. You can practise logical thinking and the speed of your reactions. But online games have a built-in trap: they encourage you to keep playing. A few moments more and you will reach the next level! But your body isn't made for sitting in front of a screen for hours. If and when it starts to hurt, it's best to go outside, where you can mark your progress in the game with a celebratory dance!

Give this a go ...

Show a parent your favourite game and explain to them how it works. Then play it together.





ONline

Learning

OFFline



LEARN ANYTHING

Our screens flood us with information and news from all over the world. We can simply choose what we want to know about or learn: juggling, speaking Spanish, playing the piano, building model aeroplanes ... Online, we can find instructions for practically anything!



WWW.TRUENEWS.COM

AUTHOR UNKNOWN

SCIENTISTS HAVE DISCOVERED A REAL LIVE UNICORN! INTERVIEW WITH PROFESSIONAL UNIHIPPOLOGIST STAN TWADDLE.

BY OPENING THIS ARTICLE, YOU WILL BE CHARGED 5 DOLLARS.



WHERE IS THE TRUTH?

The problem is, nowadays anyone can put anything they like up on the internet. Always check that the website you are taking information from is reliable. When you find out something new, always take time to consider whether it is true before sending it on.

Talk to your parents about ...

Which are your favourite websites or apps for learning new things?

What new thing would you like to learn?

What skill have you learned thanks to the internet?



WHAT THE INTERNET WON'T DO FOR YOU

We can learn a lot through technology. Even so, some skills and knowledge are best acquired away from the screen, in the real world ...

TO HELP YOU DECIDE, ANSWER THESE QUESTIONS:

- ▶ WHO IS THE AUTHOR? ARE THEY AN EXPERT IN THE FIELD?
- ▶ WHY ARE THEY TELLING ME THIS? DO THEY WANT TO TEACH ME, SELL ME SOMETHING, OR SIMPLY GIVE THEIR OPINION?
- ▶ WHEN WAS THE INFORMATION PUBLISHED? IS IT UP TO DATE?
- ▶ DOES THE AUTHOR CITE SOURCES AND EVIDENCE IN SUPPORT OF THEIR CLAIM?
- ▶ DOES THIS INFORMATION APPEAR ON OTHER SITES YOU KNOW TO BE RELIABLE?



ONline

Sharing

OFFline



IS IT ALWAYS GOOD TO SHARE? ▶

Maybe you have painted a great picture or done well in a race. So why not share the joy by posting your news online? If you do, it's sure to get lots of likes. The problem is, sharing your news online may end up making you feel worse. What if you get fewer likes than you hoped? We should always remember that a "like" is just a single click that says very little about your relationships or how others feel about your successes.



◀ WHO WE ARE ONLINE WITH

We share bits and pieces of our lives online to show others what we are going through. But the online space tends to embellish the reality: we show only what we want others to see. The polished world of the social networks may have little in common with real life.



ALWAYS THERE TO REMIND YOU ▶

Remember that whatever goes on the internet will remain there forever. Perhaps it is easy to find. Perhaps it can be found only by someone good at searching. But there's no way of getting rid of it. Even if there were, it might still exist somewhere in an unerasable copy ... So it's best to think carefully about what to share.

Talk to your parents

Whose social media profiles or websites do you follow most?

Why do these interest you?

about ...

Give this a go ...

With your parents' help, find posts on social networks or blogs that are five, ten and fifteen years old.





ONline

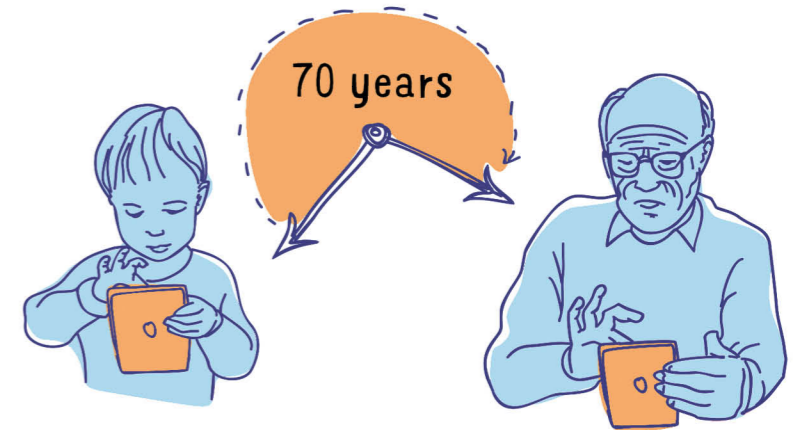
Being bored

OFFline



KILLING TIME ▶

Videos, photos, articles, news... so many interesting things online! Surely it's impossible to get bored there ... As we search for something to hold our attention, we scroll through search results and keep checking our socials. We keep moving, from page to page, from site to site. If we didn't tell ourselves to stop, we could go on like this forever. Are we even enjoying this?



Talk to your parents about ...

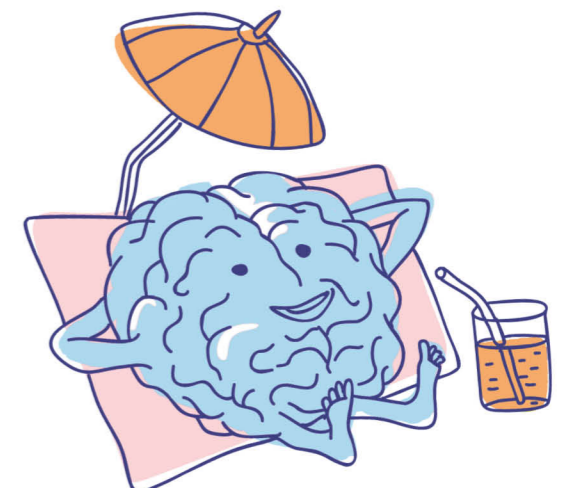
Has boredom ever led you to a great, original idea?

In which situations are you often bored?



VACATION FOR THE BRAIN ▼

Who wants to be bored? Boredom is the opposite of entertainment! But boredom can be good for you. Think of all your brain does, taking on stimuli, giving instructions to your body, learning new things ... To be ready to find new ideas and solutions to problems, it needs regular rest. Moments of boredom make this rest possible.




WHAT'S GOING ON ▲

The brain is sly: it whispers to us that if we stop scrolling, we will miss something important. Though it may seem that a great deal goes on online, most internet content is made up of memories and records of reality. If we wish to have experiences of our own, we should head out to the offline world.



With or Without SCREENS



Can you count how many screened devices there are in your home? Computers, tablets, mobile phones, e-readers ... Such devices are an inseparable part of our lives. And behind the screens is ... a whole new world, filled with amazing things: interesting facts, news, learning and entertainment. All this makes life easier, but also more complicated. We don't always know our way around this world. Sometimes we become too wrapped up in it and forget about reality.

This book is about finding the right balance between your screen- and off-screen-time.



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