

Altru Activity Idea:

This activity is designed to get children to explore how the internet makes them feel. It will also give you the opportunity to discuss these ideas as a class, supporting pupils who need it and allowing the class to talk about, and reflect on, their experiences.

CREATE A LIST

First, explain that using the internet can mean many things and probably means different things to different people. Make a list as a full class of what your group consider to be 'using the internet' This could perhaps include:
Listening to streamed or downloaded music

- Playing games online on a tablet, phone or console
- Talking to friends on WhatsApp, snapchat or through a message
- Uploading photos
- Making and uploading videos
- Watching videos on apps like YouTube or TikTok
- Buying things online

FINISH THE STATEMENTS

Next give the children the following statements (you can photocopy the following worksheet, or write these on the board) and ask them to finish the sentence with something from their own experience.

The internet made me feel angry when....

The internet made me feel happy when....

I felt sad on the internet when.....

I felt clever on the internet when.....

Sometimes I get frustrated on the internet because.....

Sometimes I feel _____ on the internet because....

In the last statement the emotion is left blank, for older children to be able to add their own. You could also add something in here, if there was a particular problem you were keen to tackle in class.

Children can either complete this individually and then you can share back some thoughts as a class, or you could ask children to work with others to come up with ideas before they then individually complete their lists.

DISCUSS

It is important to then share some ideas – asking for volunteers to share what they've written down – in order to demonstrate the breadth of experiences online and also to support children in some of the more negative experiences.

Recommendations:

We'd suggest working through these with younger groups – talking about each one and asking children to answer in a few words.

Older children could be more independent in their writing, and you could encourage complex sentences using conjunctions and additional clauses.

Emotions on the internet

The internet made me feel angry when

The internet made me feel happy when

I felt sad on the internet when

I felt clever on the internet when

Sometimes I get frustrated on the internet
because

Sometimes I feel _____ on the
internet because
