



EduTrend Contents

P4C · TECHNOLOGY AND HUMANITY · PRIMARY

Do Screens Make Us Happier?

Screens, play and what we value

Ages 8–11

Level: Developing

45 minutes

Whole class circle · up
to 30

Activity 02

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 02 · AT A GLANCE

Do Screens Make Us Happier?

Pupils hear about two invented friends: Jo spends a rainy Saturday playing a favourite game on a tablet, while Max spends it building a den outside with cousins. Both say they had a great day. Pupils list what each gained and missed, then create questions and enquire into whether screens make us happier.

Learning outcomes

By the end of the session pupils can:

- compare activities;
- reason about happiness and technology;
- give examples and counter-examples;
- build on others' ideas.

KEY WORDS

screen · happy · play · balance ·
choose · time

CURRICULUM LINKS

PSHE: health and wellbeing.
Computing: online life. PE: active
play.

1**STIMULUS**

Share something to
think about

2**THINK**

Quiet thinking time

3**QUESTION**

Create and choose
a question

4**ENQUIRE**

Reason together

5**BUILD**

Agree, disagree,
add

6**REFLECT**

Last words

Materials (per class)

- Jo and Max story card
- Gained and missed chart
- Question and thinking-move cards
- Worksheets 1, 2 and 3

Before the session

- Read the stimulus and note possible concepts.
- Prepare question and thinking-move cards.
- Set out a circle so everyone can see each other.
- Print the worksheets.

SAFETY

Avoid comparing or judging families' screen
rules.

ACTIVITY 02 · SESSION PLAN

Step by step

Stay neutral: ask for reasons, examples and counter-examples rather than giving your own view.

Time	What happens	Say or ask
0–8 min Stimulus	Read the story of Jo and Max's Saturdays.	<i>"What did you notice?"</i>
8–18 min Questions	Pupils create questions in pairs and vote on one.	<i>"Which question is most interesting to talk about?"</i>
18–40 min Enquiry	Enquire into the chosen question, building on each other's ideas.	<i>"Do screens make us happier?"</i>
40–45 min Last words	Each person says one last thought or passes.	<i>"Has your thinking changed?"</i>

CHALLENGE CARD (print or copy onto the board)

Explain whether screens make us happier.

ACTIVITY 02 · FACILITATOR NOTES

The philosophy in brief

Screens can be used for play, learning, connection and creativity as well as passing time.

Philosophers ask what makes an activity valuable, not just enjoyable.

Common ideas to listen for

- “Screens are always bad.” It depends on how they are used.
- “If it’s fun, it must be good for you.” Fun and good can differ.
- “Outdoor play is always better.” Both can be valuable.

Adapting the activity

Support

List two things for each friend.

Stretch

Ask: what would a perfect balance look like?

WORKSHEET 1

Our questions

Name: _____

Class: _____ Date: _____

Write questions the stimulus makes you wonder about.

Our questions

Question	Who asked	Votes

WORKSHEET 2

Jo and Max

Compare.

Jo and Max

	Gained	Missed
Jo		
Max		

WORKSHEET 3

Last words

Before and after.

**Is time on screens different from other time? Before the enquiry I thought...
Now I think... because...**

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Asks a philosophical question	Gives reasons and examples	Listens and builds on others

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Do Screens Make Us Happier? is a sample activity from the EduTrend Contents P4C Technology and Humanity programme (primary, level: developing). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

© 2026 EduTrend Contents. This activity may be printed and copied for use with pupils in your own school, club or home. It may not be resold or published elsewhere. Photos: Shashank Verma / Unsplash.