



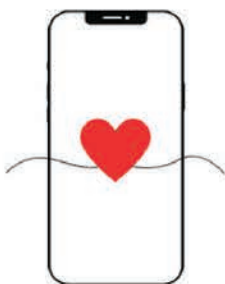
To Be Human

Livin'

Laughin'

Talkin'

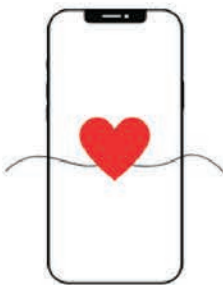
Workbook





**How much time do
you spend online?**

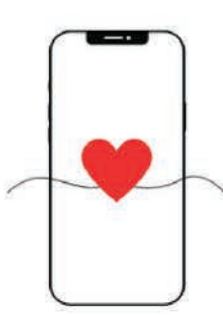
**What do you like to
do online?**



Time to get outside!

Being outside makes you happier. You can also see the beauty of nature!

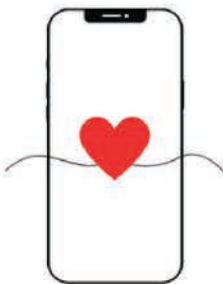
Find 5 different kinds of leaves and stick them here!





Let's get drawing!

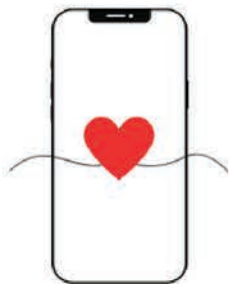
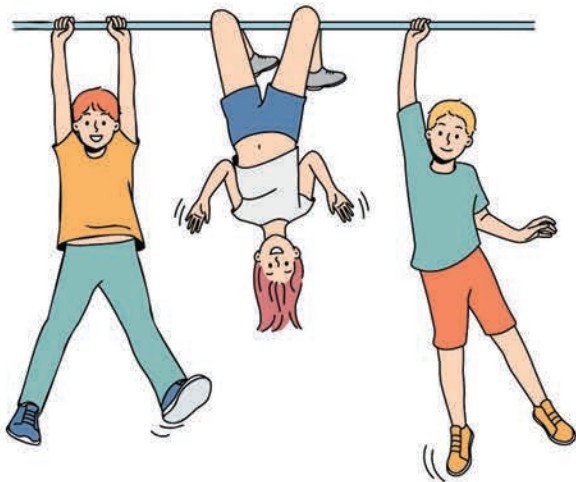
People who spend a lot of time online tend to be less happy. Draw a picture of someone who spends all their time on their phone!





**Now think about playing
outside.**

Draw what you think of!





Technology isn't all bad!

Can you list some things
technology can help us with?

1. *It helps us talk to loved ones far away*





Reading log

Reading is a great way to spend time offline. Use this page to write about books you read. Either by yourself or with your parents!

Book	Pages Read	What Happened?
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Book	Pages Read	What Happened?
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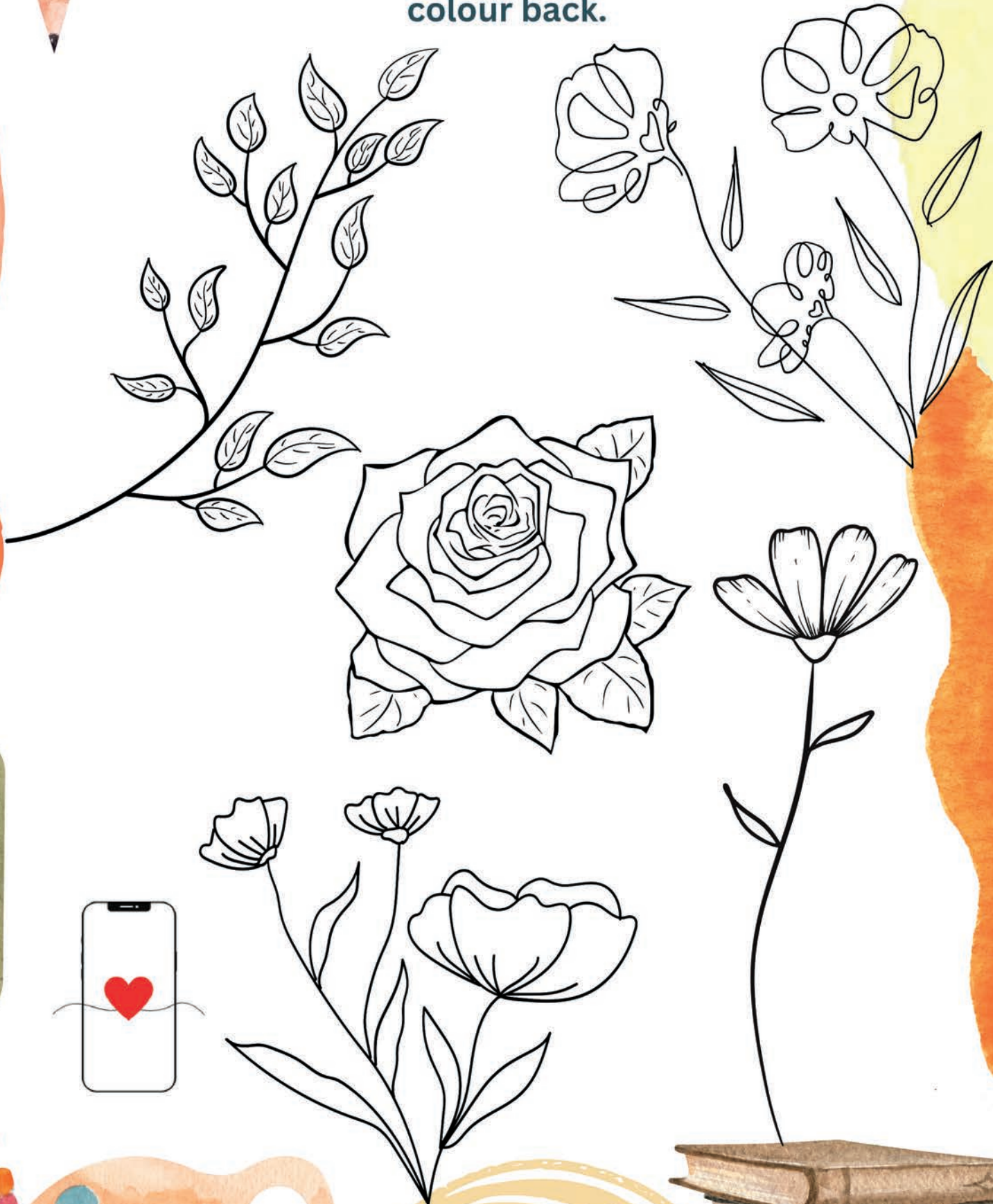
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You found some flowers!

But oh no! They're all black and white!
Use your colouring pencils to give them their
colour back.





Now to the science stuff!

All technology runs on electricity. Can you make your own electric circuit? You can find an adult to help you.

You will need:

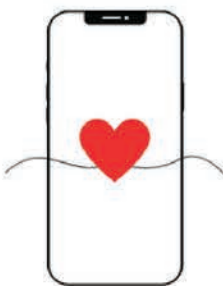
- A graphite pencil
- A small LED
- A 9V battery
- Clear tape

How does it work?

Electricity uses graphite to move around the circuit. It flows from the battery to the LED, lighting it up!

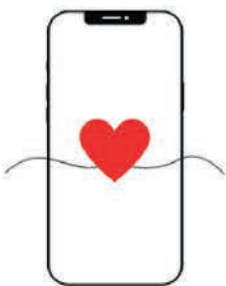
Method:

- Use the pencil to draw a small square on the paper, with a gap at the top and at the bottom. Make sure the lines are thick!
- Attach the LED legs to one of the gaps in the square using tape.
- Place the battery over the second gap. The positive side of the battery should face the positive leg of the LED.
- Watch the LED light up!





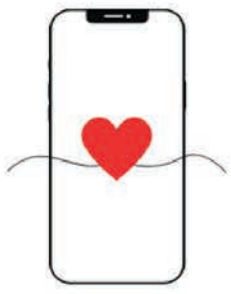
**Use this page to draw
your circuit!**



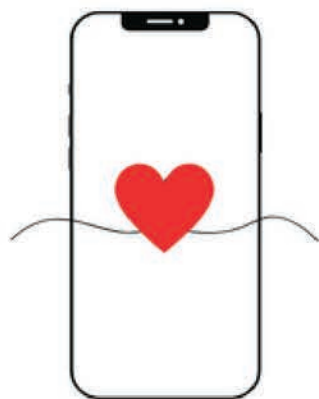


Well Done!
You finished the workbook!
What did you learn?

**What can you do instead of going
online?**



To Be Human



@to_be_human_campaign

