



From Digital Consumption to the Creative Classroom

A Journey from Digital Addiction to Mindful Creativity

The Attention Crisis: The Cost of Interruption



19

Seconds.
Average time
students switch
tasks when using
a computer.



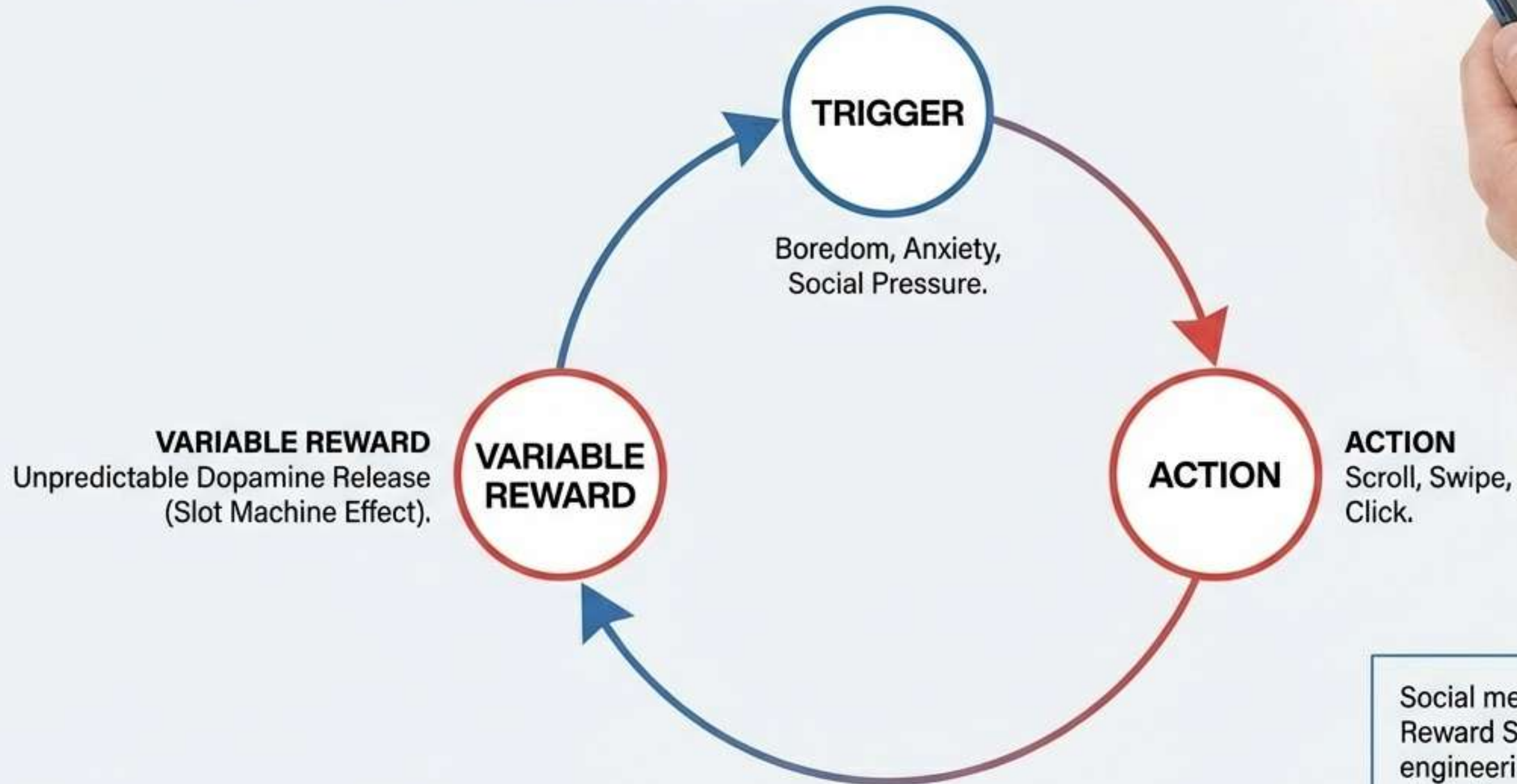
It takes the brain up to 23 minutes to return to deep focus
after a single notification interruption (Source: UC Irvine).

EU Fact: 1 in 3 European children reports that the Internet interferes with their schoolwork or family time.



The Dopamine Trap

Why they can't just 'put it down'.



Social media apps utilize "Variable Reward Schedules"—biological engineering designed to override discipline." in Merriweather.

The 90/10 Gap

Not all screen time is created equal.

90% PASSIVE CONSUMPTION

- Social Media
- YouTube
- Gaming

10% ACTIVE CREATION

- Coding
- Editing
- Design

Shifting the Ratio: Consumption vs. Creation

FROM



Passive Consumption:
Watching a video about Rome.

TO



Active Creation:
Building the Colosseum in
Minecraft or Canva.

The Goal: Turn the device from a TV into a canvas.

Moving from 'No' to 'How'



PROHIBITION

Creates friction,
secrecy, and
underground usage.

Core Logic: Banning phones creates resistance.
Teaching purposeful use
builds competence.

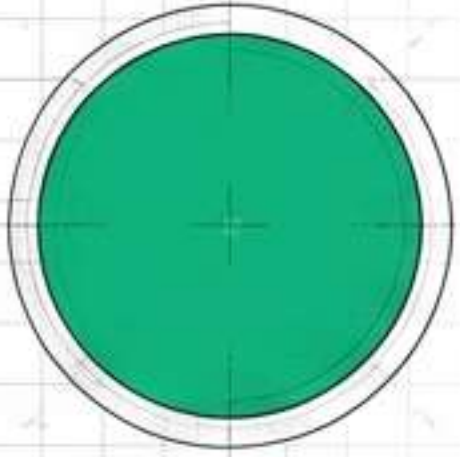


MINDFUL USE

Teaches self-regulation,
intentionality, and
skill building.

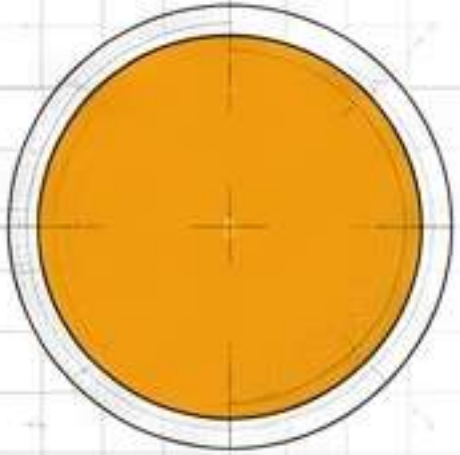
The Traffic Light Framework

A visual system for classroom management.



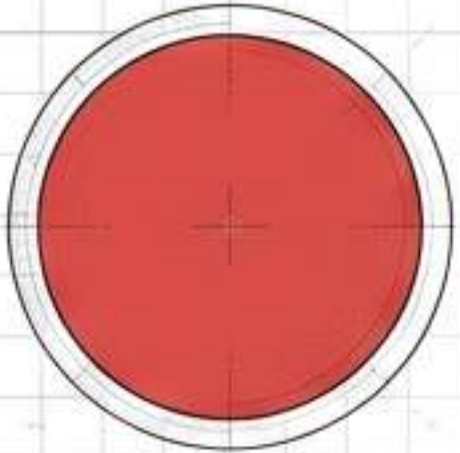
GREEN LIGHT

Tech is the primary tool. Active creation, collaboration, building.



YELLOW LIGHT

Research only. Strictly utilitarian. No social media or wandering.



RED LIGHT

Devices away. Screens down. Eyes on the speaker. Deep focus.

Co-Creating the Digital Contract

Students follow rules they help create.

3 YES MOMENTS (Creative Use)



Recording a podcast



AR applications in History



Digital Research

3 NO MOMENTS (Deep Focus)



Listening to peers



Deep reading/writing



Human connection time

X

Class 4B

The Teacher's New Role

Information is free;
Focus is expensive.

Role Shift: From Information Provider to Noise Filter.



Digital Ethics & Safety

Modeling healthy habits beyond the screen.



SAFETY

Protecting personal data and understanding digital footprints.



EMPATHY

Remembering there is a human behind every username.



INTEGRITY

Giving credit, avoiding plagiarism, and seeking truth.

The Big Takeaway

Digital Addiction thrives on **BOREDOM.**

Creativity thrives on **ENGAGEMENT.**

The cure for addiction isn't just discipline; it's engagement.



Build the New

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.” — Socrates

Challenge: What is the one creative digital tool you will try in your next lesson?