

Health promotion in the Public Kindergarten No. 3 (Przedszkole Publiczne Nr 3),

*”Pentliczek”*

in Szczecin, Poland, 62 Potulicka Street

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The **FONOLANDIA** project,

*a short report on its implementation in practice,*

Public Kindergarten No. 3 “*Pentliczek*” in Szczecin, Poland

It is difficult to imagine the modern world without phones, smartphones, tablets, computers or the Internet. Digital media and mobile devices are present in our daily lives. If we use them consciously and responsibly, they help us in our work and study, provide information and entertainment and are a means of communication. When used improperly, they can become a real danger for both children and adults.

**FONOLANDIA** is the first in Poland, comprehensively developed educational project concerning the responsible and safe use of digital media and mobile devices.

It is aimed at the youngest users: 5- and 6-year-olds and students in grades 1-3 of primary schools.

All components of the project have been developed by experts in the field of the use of modern technologies and digital media as well as practicing teachers.

The FONOLANDIA educational kit is intended for kindergarten teachers, early school education teachers, school psychologists and educators, employees of psychological and pedagogical counseling centers and for parents working at home.

It consists of 16 classes - introductory classes where children become familiar with the basic knowledge on digital media and 15 thematic classes in 3 blocks: home, kindergarten and school, public space.

*Below we present a Recommendation of Dr. Aleksandra Piotrowska - psychologist and social advisor to the Ombudsman for Children and justification for the selection of the project to be implemented in practice:*

*"Fonolandia" is an innovative tool that tells adults how to gradually teach children to use the opportunities offered by digital media in a safe and responsible way and how to avoid the*

*risks associated with them. It is a complete tool, containing both methodological support, teaching aids and workbooks, intended for use by parents and educators of older preschoolers and younger students..*

### **What results did we expect using the project in working with children and their parents?**

- Development of a Home Code on the Use of Digital Media and complying with it by both children and their parents.
- Orderly and thoughtful use of digital media, in particular the Internet and mobile devices.
- Hygienic use of digital media for the benefit of physical, mental and social health.
- Strengthening family ties, which will keep parents and their children closer to each other.
- Skills to spend free time with immediate family in a creative way.
- Raising awareness of the negative effects of compulsive digital media use by children and their parents.

The paramount goal during the program implementation was to build a sense of security for the children taking part in it.

Below we present a short report on the implementation of the *Fonolandia* project.

#### **1. "Difficult task" game**

There are some blocks put on the floor, each child receives a balloon. At the same time, the children have to raise the balloons and collect the scattered blocks. The purpose of the game was to realize that doing several things at the same time is very difficult.



Fig. 1. "Difficult task" game

## 2. "Box" game

Children stand in a circle, in its center there is a box. In various ways and with the accompaniment of music they pass each other a piece of paper with an illustration of a telephone. When the music stops, the person holding the card must quickly put it back in the box. The aim of this game was to show children the sensible way of using digital devices at home, taking into account time and space.



Fig. 2. "Box" game

## 3. "Time Eater" game

Each child is given a piece of paper with a picture of a clock. Then they make balls out of it and put them in a box with a picture of a phone. The aim of the game was to make children aware of the fact that digital devices should not be used too often or too long.



Fig. 3. "Time Eater" game

Filling in an exercise book together, consolidation of the acquired knowledge.



Fig. 4. Knowledge consolidation exercises

#### 4. "Networking" game

Children use a ball of wool to create a net. They throw a ball to each other one by one and say what the Internet is for. The game is carried out during introductory classes. The aim of this game was to systematize the children's knowledge about digital media.



Fig. 5. "Networking" game

### 5. "Rock-paper-scissors" game

Children play in pairs. The aim of this game is to make children aware of the importance of learning to spend time creatively among their peers without using digital devices.



Fig. 6. "Rock-paper-scissors" game

## 6. "Walk with the phone" game

There is an obstacle course in the room, and each child receives a picture of a telephone. Children have to overcome the obstacle course, trying not to take their eyes off the phone. The aim of the game was to make children aware of the negative consequences of uncontrolled use of digital devices in road traffic when crossing the road and driving a vehicle.



Fig. 7. "Walk with the phone" game

Educational kit, the **Fonolandia** project had been carried out until the COVID-19 pandemic appeared in Poland. The next groups of preschoolers have been waiting for further implementation of the project in the near future, as soon as the education of Children and their Parents is possible.