

Technology in Our Lives

Textbook

Technology in Our Lives



Communication

Computers have completely changed how we talk to each other. Because of technology, we can now send messages, photos, and videos to anyone in the world using things like email, social media, and video calls. This has made talking to people much faster and easier.

Ways to Communicate Online

Just like in real life, there are rules for how to talk to people online. These rules help us make sure our message is understood and that we're using technology the right way.

- **Be Clear:** Make sure your message is easy to understand so people don't get confused.
- **Ask Before You Share:** Only post pictures or videos of others if your school or platform says it's okay.
- **Use Proper Language:** When you're working on a school project or talking to a teacher online, use your best writing and spelling.

- **Don't Share Private Information:** Never give out your personal information or secrets about yourself or others.
- **No Spam:** Don't send lots of messages or unwanted ads. This can be annoying and can clog up the system.

How Sound and Video Changed Communication

Using sound and video has made our communication better by adding more information to our messages.

- **Video Calls:** Seeing someone's face on a video call helps you understand what they are trying to say even better.
- **Voice Messages:** You can send a message that lets people hear your voice and how you are saying something, even if they can't talk right then.
- **Streaming Videos:** You can watch live events or shows and feel like you're right there with everyone else.

Entertainment

Computers have changed how we have fun. We can now listen to music, watch movies, and play games on different devices like phones, tablets, and game consoles.

Learning

Computers have also changed how we learn. We can use them to find lots of information online and use special apps that help us with subjects like math and reading.

Keeping Your Eyes Healthy with Technology

Looking at screens for a long time can make your eyes and brain feel tired. This is called **digital fatigue**. To feel better, you can follow a simple rule:

- **The 20-20-20 Rule:** For every 20 minutes you look at a screen, look at something at least 20 feet away for 20 seconds. This gives your eyes a quick break!

Other ways to feel better:

- **Take Breaks:** Get up, stretch, and walk away from your screen.
- **Rest Your Eyes:** Blink often or close your eyes for a few seconds.
- **Go Outside:** Spend some time playing or doing other things outdoors.
- **Unplug:** Turn off all your screens for a while and enjoy other hobbies.

How Technology Helps Us

Technology can give people and groups the power to do amazing things. We call this **empowerment**.

- **Access to Information:** With the internet, anyone can learn almost anything. This helps you learn and make smart choices.
- **Global Communication:** Technology lets people from different countries talk to each other and share ideas.
- **Online Shopping:** Technology lets people buy and sell things online, so someone who makes things at

home can sell them to people all over the world.

Technology Jobs

Many cool jobs involve working with technology! Here are a few:

- **Programmer:** These people write the instructions that tell computers what to do.
- **Game Designer:** They create the worlds, characters, and rules for video games.
- **Robot Engineer:** They design, build, and program robots to do different jobs.
- **Website Designer:** They make websites look good and work easily.
- **Cybersecurity Expert:** These people are like digital detectives who protect computers from hackers.
- **Data Scientist:** They look at a lot of information to find patterns and help businesses make smart choices.

Critical Thinking Questions

1. What are some ways people use computers or phones to send messages across long distances?
2. How can computers or the internet help people save and share old stories, music, or art?

Questions (5)

1. What is the main reason it's easier to talk to people in other countries today than it was long ago?

MULTIPLE CHOICE

Choose the correct answer:

- A. Planes are faster now
- B. Computers let us talk quickly online
- C. We write letters more often
- D. People visit more in person

2. You want to learn about volcanoes for a class project. How might a computer help you?

MULTIPLE CHOICE

Choose the correct answer:

- A. By turning off your TV
- B. By sending you to the library
- C. By giving you access to online information
- D. By making a phone call

3. A student uses a mobile app to send money. What does this affect?

Choose the correct answer:

- A. Music
- B. Art
- C. Banking and daily life
- D. Food

4. Why do computers help cultures grow and change faster today?

Choose the correct answer:

- A. They make food faster
- B. They let people share ideas and traditions quickly
- C. They replace holidays
- D. They stop people from talking

5. You and a friend live far apart but play a computer game together online. What has changed about your friendship because of technology?


Choose the correct answer:

- A. You see each other more in person
- B. You can only write letters
- C. You connect and play together from far away
- D. You no longer talk

Games (2)

1. Technology in Our Lives Typing Game

Full ScreenAudioInstructionsRestartPause



0s100%

Technology has change

2. Technology in Our Lives Category

Full ScreenAudioInstructionsAnswer KeyPauseClear AllCheck Order




Attempts: 0

CommunicationEntertainmentEducation

Online researchListen to MusicEmail

Make MoviesEducational softwaresAccess information

CallsTextingPlay Games



Robotics Challenges (1)

1. Technology and Storytelling

Challenge

Textbook

Technology and Storytelling

Technology can support many of the things we do.

Think of a short story. It can be one you make up! For this challenge, use the micro:bit to design images that support your story. When you tell your story, you can press buttons on the micro:bit to show images you design on the LED screen that match.

For example, if my story mentions a giraffe, I could create an image of a giraffe on a **show LEDs** block and program it to show when I press button A. When I mention the giraffe in my story, I could press button A and show the image to support it!

You will program the buttons and logo on the micro:bit so you show at least 4 unique images. Use a **show LEDs** block in each of your input blocks to create your code.

Requirements

Show an arrow pointing left when

Step 1

Code the micro:bit to show your first image when you press button A.

Technology and Storytelling Step 1 of 4



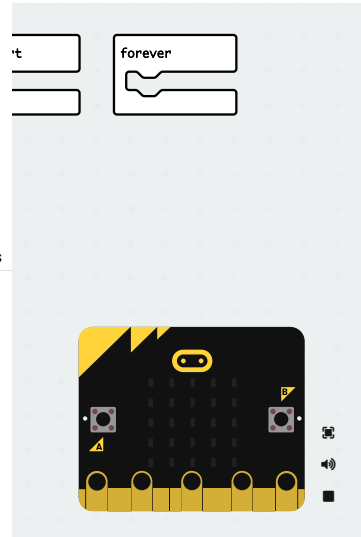
1

Next

Toolbox

Search...

- Basic
- Input
- Music
- Led
- Radio
- Loops
- Logic
- Variables
- Math
- Extensions
- Advanced



Download

Answer Keys & Solutions

Questions

1. What is the main reason it's easier to talk to people in other countries today than it was long ago?

MULTIPLE CHOICE

Correct Answer:

- | | |
|---|-------------|
| A. Planes are faster now | ✗ Incorrect |
| B. Computers let us talk quickly online | ✓ Correct |
| C. We write letters more often | ✗ Incorrect |
| D. People visit more in person | ✗ Incorrect |

2. You want to learn about volcanoes for a class project. How might a computer help you?

MULTIPLE CHOICE

Correct Answer:

- | | |
|---|-------------|
| A. By turning off your TV | ✗ Incorrect |
| B. By sending you to the library | ✗ Incorrect |
| C. By giving you access to online information | ✓ Correct |
| D. By making a phone call | ✗ Incorrect |

Explanation:

Computers can help you research and find learning tools.

3. A student uses a mobile app to send money. What does this affect?

MULTIPLE CHOICE

Correct Answer:

- | | |
|----------|-------------|
| A. Music | ✗ Incorrect |
|----------|-------------|

B. Art

✗ Incorrect

C. Banking and daily life

✓ Correct

D. Food

✗ Incorrect

4. Why do computers help cultures grow and change faster today?

MULTIPLE CHOICE

Correct Answer:

A. They make food faster

✗ Incorrect

B. They let people share ideas and traditions quickly

✓ Correct

C. They replace holidays

✗ Incorrect

D. They stop people from talking

✗ Incorrect

Explanation:

The internet spreads information to people everywhere.

5. You and a friend live far apart but play a computer game together online. What has changed about your friendship because of technology?

MULTIPLE CHOICE

Correct Answer:

A. You see each other more in person

✗ Incorrect

B. You can only write letters

✗ Incorrect

C. You connect and play together from far away

✓ Correct

D. You no longer talk

✗ Incorrect

Explanation:

Computers help friends stay close, even when they're far apart.

1. Technology in Our Lives Typing Game

Typing game - no answer key needed. Students practice typing the provided content.

2. Technology in Our Lives Category

Category Solutions:

Category 1: Communication

- Email
- Texting
- Calls

Category 2: Entertainment

- Listen to Music
- Make Movies
- Play Games

Category 3: Education

- Access information
- Educational softwares
- Online research

Scoring:

- Gold: 1 attempts or fewer
- Silver: 2 attempts or fewer
- Bronze: 3 attempts or fewer

Students must sort items into their correct categories.