

1. Debate Competition

Theme: "Mobile Phones: A Boon or a Bane for Students?"

Objective:

To help students understand both sides of mobile phone usage—its usefulness and harmful effects.

Instructions:

Divide the class into two groups: For and Against.

Give each student 2–3 minutes to speak.

Encourage use of facts, examples, and moral reasoning.

Allow 5 minutes for open discussion and rebuttal.

Sample Debate Topics:

1. "Are mobile phones making children less social?"
2. "Online games are ruining students' real-life friendships."
3. "Social media is a trap for young minds."
4. "We learn better from books than from mobile screens."

Expected Learning Outcome:

Students will learn to express opinions logically, listen respectfully, and understand the balance between technology and behaviour.

2. Extempore Speech

Theme: "Think Before You Swipe"

Objective:

To improve spontaneous speaking skills while reflecting on responsible mobile use.



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Instructions:

Write topics on slips of paper and let students pick one randomly.

Give them 1 minute to think and 2 minutes to speak.

Encourage them to give examples from daily life.

Sample Topics:

1. "My day without a mobile phone."
2. "Social media vs real friendships."
3. "How mobile addiction affects family time."
4. "What I will do instead of playing games on the phone."
5. "Being online all the time – good or bad?"

Expected Learning Outcome:

Students will learn quick thinking, confidence in expression, and responsible decision-making.

3. Role Play / Skit

Theme: "When Mobile Rules the Mind"

Objective:

To show through dramatization how excessive mobile use affects relationships and behaviour.

Instructions:

Divide students into groups of 4–5.

Give them 10 minutes to prepare a short skit (3–5 minutes).

They can show a family or school situation where mobile misuse causes problems.



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Example Skit Ideas:

1. A student ignoring parents because of mobile games.
2. Friends fighting over social media posts.
3. A classroom where students can't focus due to phone notifications.

Expected Learning Outcome:

Students will empathize with real-life situations and understand the importance of face-to-face communication.

4. Group Discussion

Topic: "Can We Stay Happy Without Mobile Phones?"

Objective:

To develop teamwork, listening, and critical discussion skills.

Instructions:

Divide students into small groups of 6–8.

Give 10 minutes for discussion.

Each group will summarize their points at the end.

Guiding Questions:

What happens when we use phones too much?

How does it affect our friendships and studies?

What can we do to use mobiles wisely?



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Expected Learning Outcome:

Students will learn cooperative communication and practical solutions for digital balance.

5. Poster-Making / Slogan Writing

You may take help from Art Teacher

Theme: "Disconnect to Connect"

Objective:

To creatively express awareness about mobile overuse and its social effects.

Instructions:

Students make posters individually or in pairs.

Use slogans, drawings, or short messages.

Display in classroom or school corridors.

Example Slogans:

"Be Smart, Don't Let Your Phone Be Smarter Than You."

"Switch Off Your Phone, Switch On Your Life."

"Social Media Can't Replace Real Smiles."

Expected Learning Outcome:

Students will develop visual communication and awareness of social values.

Learning Outcome:

Students will personally experience the benefits of reduced screen time and improved social interaction.



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