

CYBER HOUSE ROCK

Teacher Guide

1. Lesson Overview

Lesson Title: Down the Rabbit Hole

Cyber House Rock Video: <https://cyberhouserock.info/video/down-the-rabbit-hole/>

Topic Category: Be a Good Cyber Citizen

Grade Band: 5-8

Estimated Time: 45 minutes per session

Lesson Type: Core

Materials Needed:

- Video access to cyberhouserock.info
- Projector or screen
- Printed activity sheets
- Tip Sheet
- Internet access
- Whiteboard / chart paper

2. Learning Objectives

By the end of this lesson, students will be able to:

1. Explain what “falling down the rabbit hole” means and why endless scrolling can be a problem.
2. Identify 5 practical strategies on the tip sheet that help break the scrolling habit.
3. Apply the five strategies to real-life scrolling situation and create their own rescue plan.

3. Key Vocabulary

Rabbit Hole – Getting so caught up in scrolling that you lose track of time and can’t stop.

Doomscrolling – Keep scrolling even when content wastes your time.

Push Notifications – Pop up alerts from apps to try to pull you back in.

App Restriction Timers – Built in phone tools that limit how long you can use certain apps.

Grayscale mode – Turn your screen black and white so its less exciting to look at.

4. Background for the Teacher (1 Page Max)

Down the Rabbit Hole is about how phones and apps are designed to keep us scrolling, often much longer than we intend. The tip sheet gives 5 simple, actionable ways that break the habit. These are: Set an alarm, turn off push notifications, use app timers, take breaks, and switch to grayscale mode.

In real life, too much scrolling can affect sleep, mood, focus and physical health. Common misconception is “Scrolling takes just a few minutes, it’s not bad”, when in reality, kids and adults often lose hours a day without realizing it.

Why this matters?

This concept helps students recognize when they are stuck in a scrolling trap and gives them tools to regain control. It builds healthy digital habits to support better sleep, focus, and more time for real life activities.

5. Lesson Flow (Step-by-Step Plan)

A. Hook (5 minutes)

Goal: Realization

Ask students to look at their screen time on their phone. Specifically look at the app usage. Ask students to share if they feel okay with some of the usage of social media apps, specifically ones they “scroll” on.

Try to get the students to realize the amount of time that was used daily on social media.

B. Watch the Video (3–5 minutes)

Before watching:

- Ask students to how you can escape the doomscroll rabbit hole.

After watching:

- What message did you hear?
- What surprised you?
- What would you tell a friend about the rabbit hole?

C. Guided Discussion (10 minutes)

Provide 5–7 structured discussion prompts:

1. Why do phones make it so easy to fall down the rabbit hole?
2. Which of the five tips is the best in your opinion?
3. Why would grayscale help?
4. How could setting an alarm help you stay in control, and how do you know how long to put the alarm for?
5. How would your days change if you turned off push notifications for a week?
6. How does a short break help escape the rabbit hole?

D. Interactive Activity (15–20 minutes)

Activity Name: Down the Rabbit Hole Activity

Purpose:

Students apply the concept by analyzing real-life scrolling scenarios and choosing the single best tip from the tip sheet to solve each one.

Instructions (Teacher Script-Friendly):

1. Divide students into groups of 3-4
2. Give each group:
 1. Printed Down the Rabbit Hole Tip Sheet
 2. Printed Down the Rabbit Hole activity sheet
3. Ask them to follow the directions on the sheet
4. Debrief with the whole class, going through each question asking students to share.

E. Reflection / Exit Ticket (5 minutes)

Students respond:

- The tip I want to try this week is _____

Can be paper, Google Form, or verbal.

6. Assessment Options

Formative:

- Discussion participation
- Activity responses
- Group reasoning

Summative (Optional):

- Short paragraph response
 - Describe one situation that you encounter weekly with the rabbit hole, and how you can break that habit. Then explain what you will do with your time that you saved.

7. Extension Activities

For teachers who want more:

- Family conversation prompt:
 - Ask students to have their parents, siblings or friends all put limits on apps and see who can get the lowest social media time over a week.

8. Real-World Connection

Include:

- How this applies to:
 - Social media: Stopping the endless scroll
 - Gaming: Set timers so games don't take over your afternoon
 - School platforms: Avoid distraction when doing school work.