



FAQ

Frequently Asked Question Regarding Our Digital Wellness Team's Portfolio

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What is 'digital wellness'?

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Digital wellness is the practice of maintaining a healthy and balanced relationship with technology. It involves being mindful of how much time we spend online, setting boundaries for technology use, and incorporating intentional activities that promote physical, social, emotional, and mental well-being into our daily routines.

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Does 'Digital Wellness' align with curriculum?

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Indeed! All content developed, taught, and implemented will align with Alberta Education's Health and Life Skills Program of Studies or Physical Education and Wellness Curriculum.

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For which grade level is your portfolio and target audience?

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Our portfolio will target Kindergarten to Grade 12, with content, lessons, and learning activities tailored to the specific developmental stages of each grade level requested.

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As an outside the classroom stakeholder, how can this portfolio benefit me?

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Our Digital Wellness website provides universal access to lessons, resources, and our teams newsletter. If you have any questions about carrying out the activities, directions, or further intents please feel free to contact one our team members, and we can arrange a convenient time to discuss any inquiries.

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Do you come in and teach my students about “Digital Wellness”?

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Absolutely! Our Digital Wellness Teacher would be thrilled to collaborate with you and your students incorporating areas of expertise such as:

- **Tailored Lessons:** Our Digital Wellness Teacher will work with you to craft engaging activities and experiences that seamlessly integrate with your existing curriculum and cater to your students' specific age group.
- **Collaborative Instruction:** Your teacher will co-lead the session alongside our expert, fostering a shared learning experience and building your confidence in discussing digital wellness concepts.
- **Building Capacity:** Our goal is to empower teachers like yourself to confidently continue these conversations long after our initial visit. We'll provide resources and strategies to seamlessly integrate digital wellness into your pedagogy.

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This approach ensures students receive a valuable learning experience while equipping you with the tools to continue fostering digital well-being in your classroom.

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Is the content your developing only tailored towards Digital Wellness?

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Our team prioritizes the critical concept of digital wellness learning, however we are equipped to accommodate a range of requests relating to all outcomes outlined in Alberta Education's Program of Studies and Curriculum.

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What If I have a small group of students having difficulties managing technology?

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Our team's Family School Liaison Counsellor will offers an ability to implement targeted interventions for smaller groups promoting conversations, reflection, and education further encouraging mindful technology use.

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Can we access your services for a week or two week durations?

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Our team will encourage all inquiries into our services through our "Bookings" page. However, for unique or extended booking requests we are willing to try and seek appropriate scheduling to meet your schools needs, while still adhering to other schools in the division interested in the services.

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If I have specific requests for developing content, materials, or lessons, how can your team accommodate them?

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There are two approaches: First, you can use the 'Contact Us' page on our website to get in touch with us. Second, you can use our "Bookings Page" to arrange a "Generative Dialogue" appointment to see if we are able to complete your request.

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What if the available service times do not align with my school's timetable?

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We recommend that you use our "Bookings Page" to schedule a service as close as possible to your desire time. Inside our bookings you kind specify in the "notes" what time frame works best to meet your request.

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