



DIGITAL WELLNESS



UNIVERSAL

- Newsletter relating to pertinent information in the Digital Wellness portfolio.
- Customized challenges, events, and engaging activities that cater to students of all individual levels (Elementary, Middle, High School).
- Direct access to our Digital Wellness Portfolio website, where you can explore the variety of lessons, resources, and activities designed to promote digital well-being.

SCHOOL BASED

- Collaborating with educators to develop an enhanced pedagogical approach around digital wellness relating to the TQS items: (2f, 3a-8, and 4d).
- Collaborating with educators to seamlessly integrate digital wellness into curricular outcomes.
- Ignite awareness in schools with resources and graphics that underscore the importance of digital wellness in our lives.

TARGETED

- Exhibit a series of structured professional learning opportunities for staff and caregivers upon request.
- Focus on refining, revitalizing, renewing Health and Wellness related outcomes for customized instructional use in your school.
- F.S.W.(Digital Wellness) specializing in supporting small group intervention upon request.

DIGITAL BALANCE,
MENTAL CLARITY