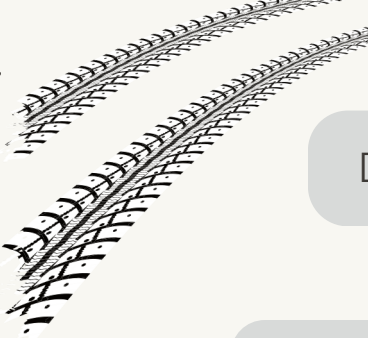


TECH TRACKS:



Date:



Holistic Wellness

Balance: Mindful practices you will intentionally build into your day to promote your digital well being:

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.....

Physical Health: Did you take any breaks, movement opportunities, or practice wellness habits throughout today?

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.....

Gratitude: Did you find an opportunities today to empower others and show gratitude towards others?

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.....

Purposeful Use

Goals and intentions: What are some of your goals today? Are your goals geared towards productivity, entertainment, social, etc:

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.....

Proactive use: Do you feel that your use of technology aligned with your intended goals, purposes, and provide learning for you today?

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.....
.....

Monitored Use

Please circle and record the amount of intentional time spent using technology today:



Detours

Obstacles: Were there any detours, unexpected barriers, and challenges that arose today? How did you work with them?

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.....

Mindful Moments

Reflect: Did your use of technology today, help in accomplishing a task, provide learning. or add to enjoyment in your day?

.....
.....
.....
.....

End of the Day Mood Tracker:



Glow & Grow

Moments where we were glowing and a moment we could grow from:

Glow:

Grow:


THANK YOU FOR YOUR SUPPORT!


I wanted to take a moment to express my heartfelt gratitude for your support and initiative in educating students about digital wellness, healthy balance, and responsible technology usage. Your dedication and commitment to your students' well-being is inspiring. The knowledge and skills you're imparting in your students will have significant impact on their lives, both now and in the future.


Explore more resources and activities focused on digital wellness by visiting our website. If you found our team helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.




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 Digital Wellness Teacher

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