

LETHBRIDGE SCHOOOL DIVISON

NAME:



THINK ABOUT HOW YOU FEEL WHEN YOU USE YOUR CELL PHONE. WHERE ELSE CAN YOU GET THESE FEELINGS FROM?

APP:

WHEN I USE THIS APP, I FEEL...

ACTIVITY:

WHEN I DO THIS ACTIVITY, I FEEL...

NAME:



THINK ABOUT HOW YOU FEEL WHEN YOU USE YOUR CELL PHONE. WHERE ELSE CAN YOU GET THESE FEELINGS FROM?

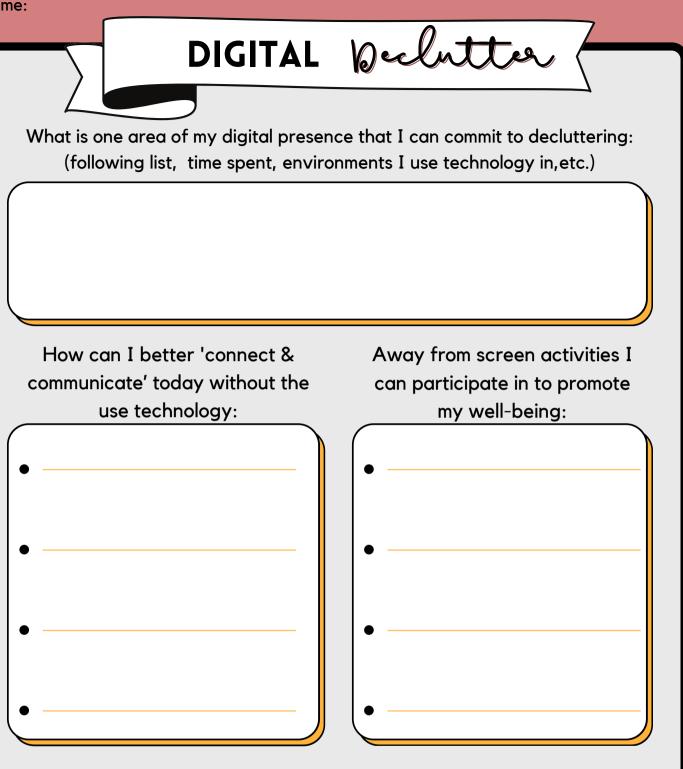
APP:

WHEN I USE THIS APP, I FEEL...

ACTIVITY:

WHEN I DO THIS ACTIVITY, I FEEL...

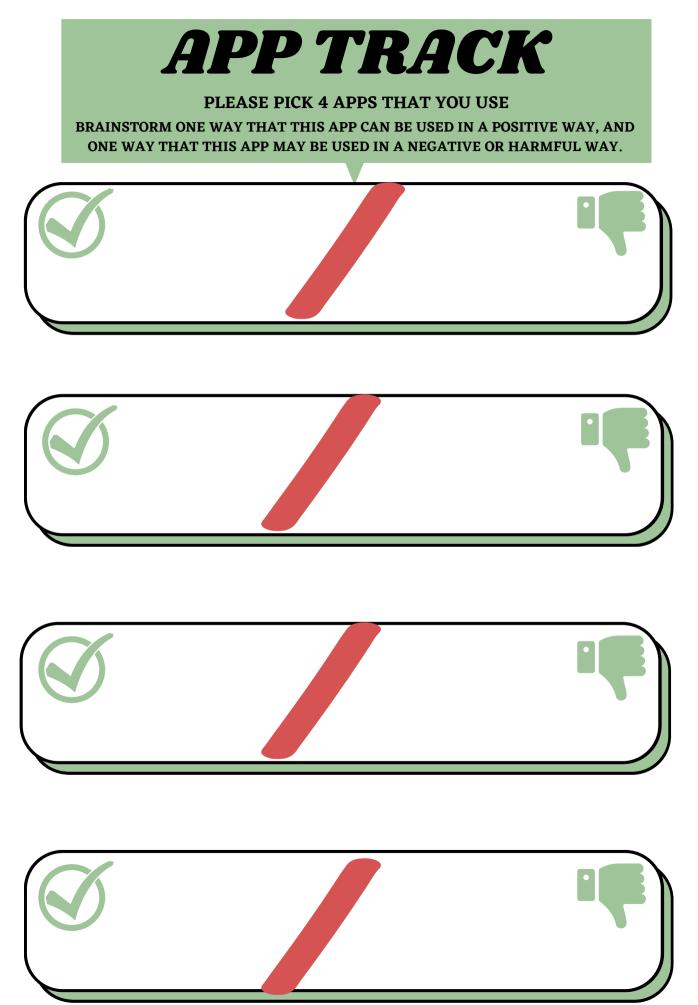




Reflecting: How did engaging in these innovative activities (above) impact and influence fundamental needs of affection, belonging, and recognition?

Affection: Belonging: Recognition: NAME:

DATE:



Name:

Date:

#### MY DIGITAL MEDIA INVENTORY

	Benefits & Positives	Downsides & Drawbacks					
<b>My Habits</b> Purposeful use of your apps and devices (Social Media, Video Games, Movies, Technology consumption)	Such as what purposes and inte techno How do factors like the time of d online, and external influences im	nology and social media on devices? entions do you have when using ology? ay, the amount of time you spend npact your overall well-being, both constructively?					
	Benefits & Positives	Downsides & Drawbacks					
<b>My Interests</b> Exploring further	Which of your online interests do you explore further? How does this exploration encourage positive feedback and have you encountered any drawbacks while navigating your interests online?						
the things you learn about online. (Sports, cooking, dancing, news, health, etc.)							

	Benefits & Positives	Downsides & Drawbacks					
My Online Activity	What do you typically engage, post, or share online? Who do you typically connect with through your online activity? How do these interactions and relationships promote positivity and is there any downside or drawbacks to your engagement in these spaces?						
Expressing yourself in what you engage with online and the connectivity it brings?							

	Benefits & Positives	Downsides & Drawbacks
<b>My Connectivity</b> Scrolling through	browsing aid you in experiencing t there any drawbacks or downsides	es online: When does this type of benefits and positives feedback. Are a that you notice from visiting these files?
other's posts, like celebrities and people you know but maybe not personally?		



# LETHBRIDGE SCHOOL DIVISION DIGITAL LIFE SIMILE

Task: Create a simile that depicts your digital life and your online presence.

Examples: Online, I'm the author, writing chapters of growth in my digital book.

My digital life is a voyage, adapting to the ever-changing tech currents.

My digital life is like a video game, leveling up through tech quests.



# LETHBRIDGE SCHOOL DIVISION DIGITAL LIFE SIMILE



# Name: Grade:



-



⊱-



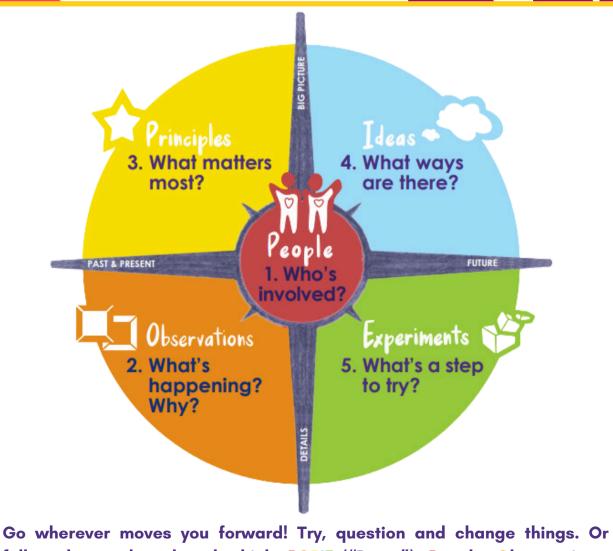
### INNOVATOR'S

Using the "Innovator Compass" generate creative ideas for individuals, communities, school-led initiatives, events, or activities that can effectively promote *digital well-being* among individuals.

DW

COMPASS

Consider how these ideas can encourage healthier digital habits and enhance overall well-being. Be prepared to share your innovations with the class.

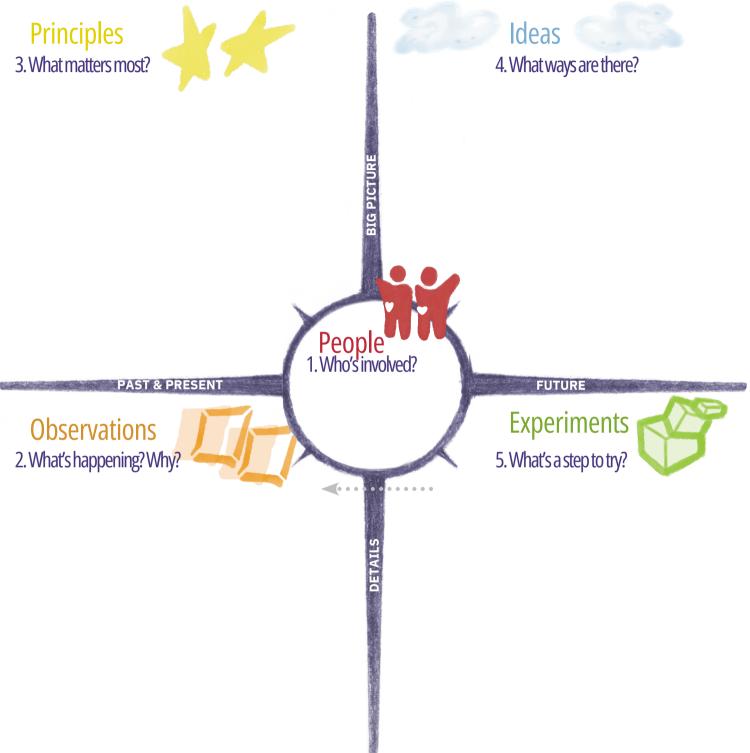


follow the numbered path—think: POPIE ("Pop-y"): People, Observations, Principles, Ideas, Experiments and back to what happens, for all involved.

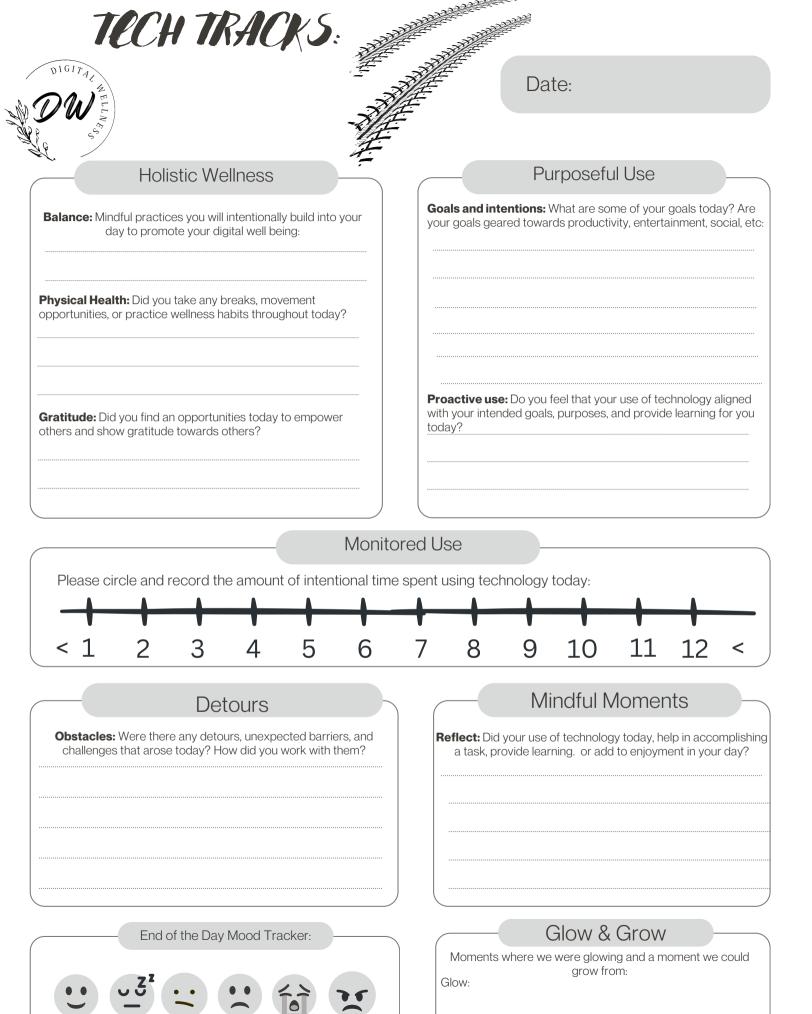
### Unstick any challenge with your INNOVATORS' COMPASS

#### Topic: Digital Wellness:

With and for everyone involved, explore...



Seek new possibilities in this order or any way that moves you forward. Try, question, and change things. Guesses are fine—just add a ? mark and go find out. Look, listen, feel; use words, draw, move, or make. Be curious, allow the question "What if?" to come alive in your mind. Innovators Compass (2023, October 27). Innovators Compass Resources. © 2020 Ela Ben-Ur. INNOVATORS' COMPASS is a trademark and service mark owned by Ela Ben-Ur



Grow:



ASSOCIATE A COLOR/SYMBOL WITH THE ABOVE TOPICS AND WRITE DOWN OR COLOR SCREEN TIME USE/DURATION IN RELATION TO THE DIFFERENT ACTIVITIES ABOVE (LEISURE, LEARNING, ETC.). INVITE YOUR CAREGIVERS, PARENTS, AND FRIENDS TO JOIN!

THE WEEK OF:									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			

Today's Mood

#### The Numbers Game.....

	Previous Week	Current Week
Approximate: Daily average screen time		
Approximate: Average number of pickups (engagement)		
Approximate: Average amount of notifications		
Approximate: Average amount of sleep (night)		



Name:

Date :

#### Reflect, Refine, React.... (Choose one)

**Screen-Free Moments**: Did you participate in a screen-free activity recently? How did it make you feel?

**Emotionally Exerted:** Reflect on a recent time when you felt challenged or overwhelmed by technology. How did you disconnect and recharge?

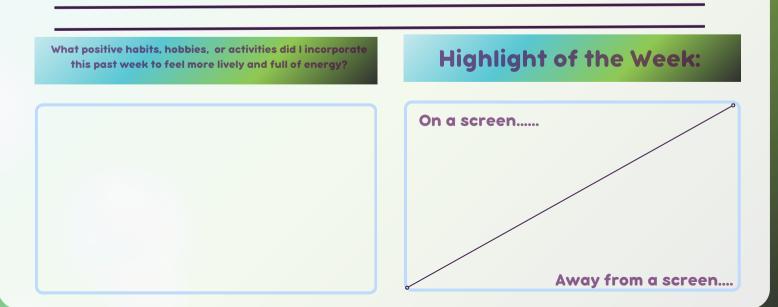
**Mindful Moments:** Did you find yourself mindlessly scrolling through apps or websites recently? What could you have done differently in that situation?

**Positive Tech Impact:** Can you think of an example where technology had a positive impact on your learning or well-being?

Other:

#### **Unpacking The Digital Ecosystem**

- What types of online content do you find yourself drawn to the most? (Funny videos, celebrity news, gaming, educational learning, social media, YouTube, etc.?)
- How does engaging with this content usually make you feel? (Uplifted, informed, motivated, envious?)
- Are there any online interactions that leave you feeling stressed, anxious, or unwell? (Comparisons on social media, negative comments, online arguments?)
- Can you identify a specific instance recently where an online choice you made impacted your mood or wellbeing? (supportive or unsupportive?)



# VORD SEARCH FIND AS MANY APP NAMES AS YOU CAN

h	S	g	h	†	†	w	i	+	с	h	g	у		w
У	I	d	m	a	r	g	a	+	S	n	i	q	a	h
r	I	у	с	i	a	е	g	v	р	u	i	р	n	a
е	i	u	I	†	d	i	S	с	0	r	d	0	g	+
d	k	S	u	i	j	i	р	b	†	†	е	b	u	s
d	S	i	†	k	a	r	i	n	i	е	е	S	a	a
i		m		†	b	m	n	w	f	r	f	n	g	р
+	a	r	†	0	С	u	†	a	у	i	0	a	е	р
i	i	S	W	k			е	w	i	n	g	р	е	i
У	с	а	r	е	†	i	r	f	f	g	р	с	с	S
d	0	h	i	f	a	с	е	b	0	0	k	h	i	+
р	k	р		е	С	h	S	a	a	х	†	a	0	i
S	р	S	†	W	i	+	+	е	r	j	V	†	v	n
S		р	q	W	0	†	i	a	с	х	d	n	+	S
+	У	0	u	+	u	b	е	с	n	е	s	s	е	q

snapchat instagram youtube

reddit

spotify

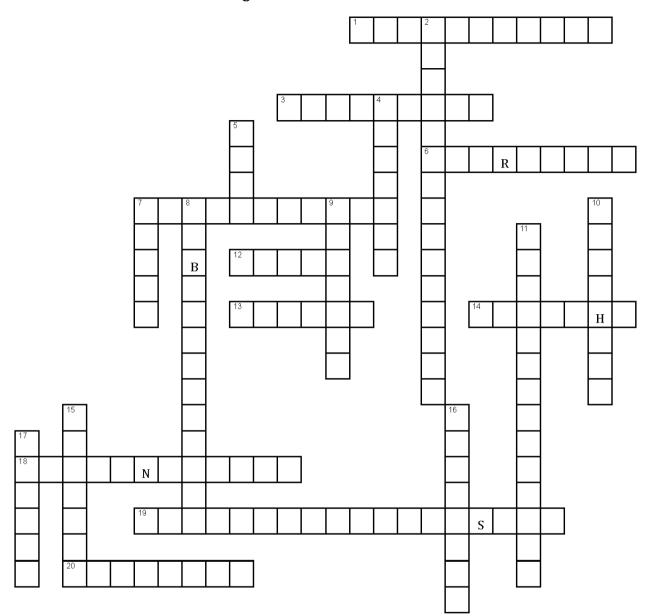
tiktok twitter

pinterest

discord facebook whatsapp twitch

PuzzleFast Instant Puzzle Maker | Word Search Maker | Crossword Maker

#### **Digital Wellness Crossword**



#### Across:

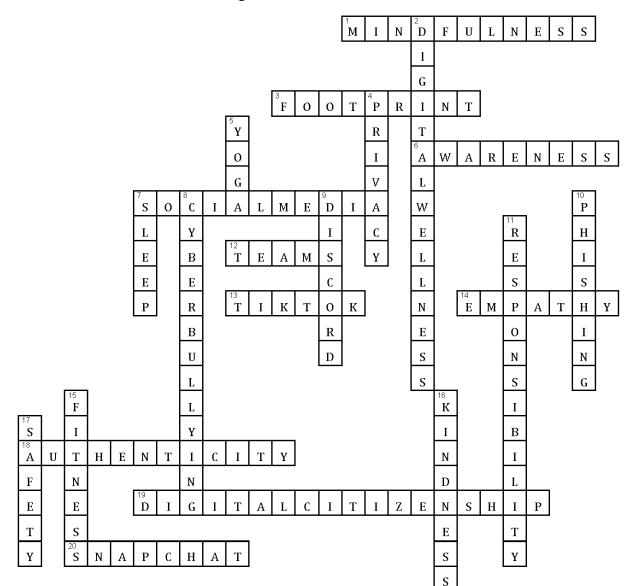
- 1. The practice of focusing on the present moment and experiencing it fully.
- 3. The imprint our choices, actions, and behaviours leave online.
- 6. The ability to recognize the potential risks and benefits of technology use.
- 7. Platforms that allow users to create, share, and exchange information.
- 12. Microsoft platform that allows communities to collaborate efficiently in the digital world.
- 13. A video-sharing social media platform known for its short-form content.
- 14. The ability to understand and share the feelings of others.
- 18. The quality of being genuine and real.
- 19. How we use technology and the internet in a responsible and ethical way.
- 20. A social media platform that allows users to send photos and videos that disappear after a short time.

#### Down:

- 2. The practice of using technology in a healthy and balanced way.
- 4. Protecting personal information.
- 5. Type of exercise that involves stretching and holding poses.
- 7. The act of getting enough rest at night to feel energized for the next day.
- 8. Unwanted, aggressive behavior online.
- 9. Social media platform that allows users to create and join online communities tailored to one's interest.
- 10. The ability to recognize and avoid online scams.
- 11. The idea that we are accountable for our actions and decisions online.
- 15. The practice of using physical movement and exercise to support overall health and wellness.
- 16. Using words and actions to show that you care about others.
- 17. The ability to navigate the internet protected and effectively.

PuzzleFast Instant Puzzle Maker | Word Search Maker | Crossword Maker

#### **Digital Wellness Crossword**



#### Across:

- 1. The practice of focusing on the present moment and experiencing it fully.
- 3. The imprint our choices, actions, and behaviours leave online.
- 6. The ability to recognize the potential risks and benefits of technology use.
- 7. Platforms that allow users to create, share, and exchange information.
- 12. Microsoft platform that allows communities to collaborate efficiently in the digital world.
- 13. A video-sharing social media platform known for its short-form content.
- 14. The ability to understand and share the feelings of others.
- 18. The quality of being genuine and real.
- 19. How we use technology and the internet in a responsible and ethical way.
- 20. A social media platform that allows users to send photos and videos that disappear after a short time.

#### Down:

- 2. The practice of using technology in a healthy and balanced way.
- 4. Protecting personal information.
- 5. Type of exercise that involves stretching and holding poses.
- 7. The act of getting enough rest at night to feel energized for the next day.
- 8. Unwanted, aggressive behavior online.
- 9. Social media platform that allows users to create and join online communities tailored to one's interest.
- 10. The ability to recognize and avoid online scams.
- 11. The idea that we are accountable for our actions and decisions online.
- 15. The practice of using physical movement and exercise to support overall health and wellness.
- 16. Using words and actions to show that you care about others.
- 17. The ability to navigate the internet protected and effectively.

## 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.



**Cason Machacek** 

Lethbridge School Division

Cason.machacek@lethsd.ab.ca

Digital Wellness Teacher (403) 380-5300 Ext: 12261

(403) 892-0782

