
PENCIL-TO
-PAPER
ACTIVITIES



Digital Wellness

LETHBRIDGE
SCHOOL
DIVISION

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2
4

NAME:

DATE:

SCRAP THE APP

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...

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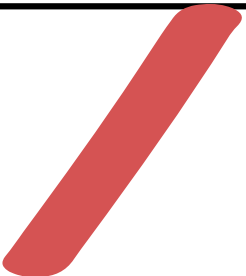

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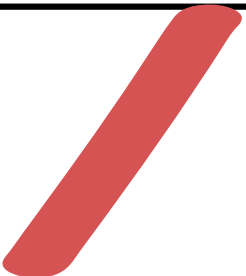

APP TRACK

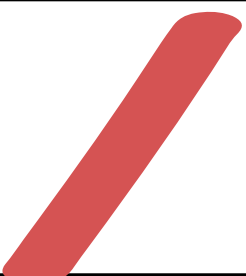

PLEASE PICK 4 APPS THAT YOU USE

BRAINSTORM ONE WAY THAT THIS APP CAN BE USED IN A POSITIVE WAY, AND
ONE WAY THAT THIS APP MAY BE USED IN A NEGATIVE OR HARMFUL WAY.









Name:

DIGITAL Declutter

What is one aspect of my digital presence that I can commit to decluttering: (Following list, environments I use technology in, etc.)

How I can 'Connect & Communicate' today without the use technology:

- _____
- _____
- _____
- _____

Activities I can participate in that don't involve technology:

- _____
- _____
- _____
- _____

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

Affection:

Belonging:

Recognition:

Name:

Date:

MY DIGITAL MEDIA INVENTORY

	Benefits & Positives	Downsides & Drawbacks
My Habits Purposeful use of your apps and devices (Social Media, Video Games, Movies, Technology consumption)	What are your habits for using technology and social media on devices? Such as what purposes and intentions do you have when using technology?	How do factors like the time of day, the amount of time you spend online, and external influences impact your overall well-being, both positively and constructively?

	Benefits & Positives	Downsides & Drawbacks
My Interests Exploring further the things you learn about online. (Sports, cooking, dancing, news, health, etc.)	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?	



	Benefits & Positives	Downsides & Drawbacks
My Online Activity Expressing yourself in what you engage with online and the connectivity it brings?	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?	

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



YOUR WELLNESS IS A CANVAS, AND EACH HABIT IS A BRUSHSTROKE OF GROWTH AND TRANSFORMATION.

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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.

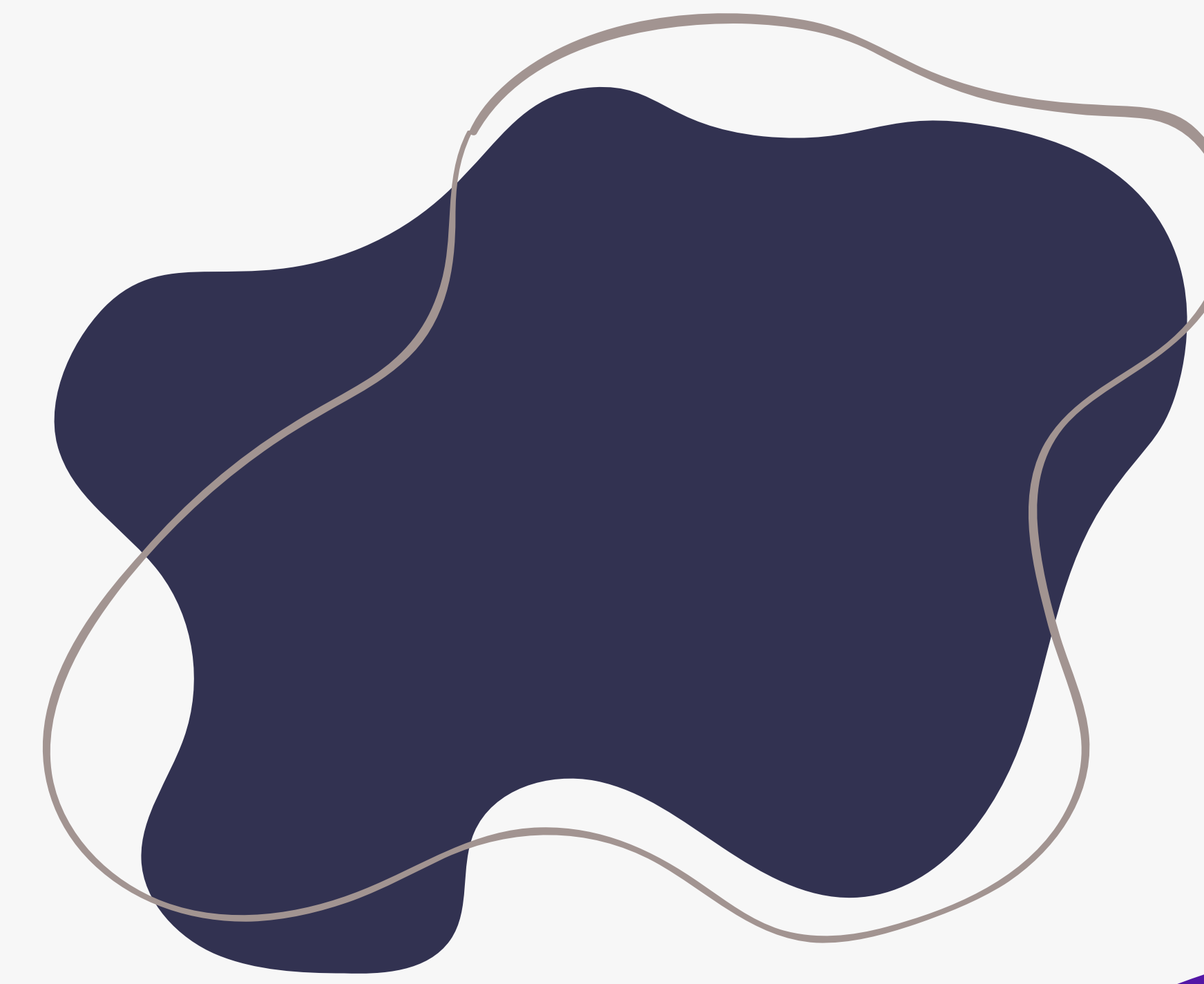
My digital life is a voyage, adapting to the ever-changing tech currents.

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



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DIGITAL LIFE SIMILE

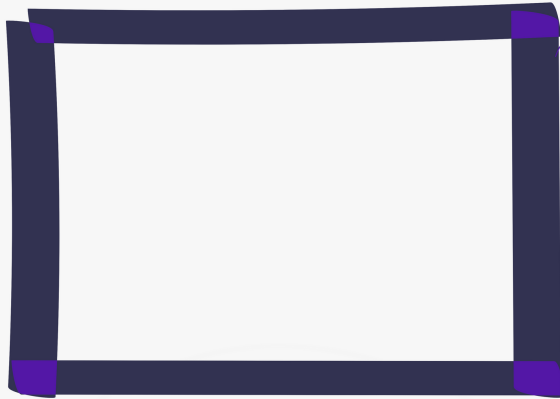


Name:

Grade:

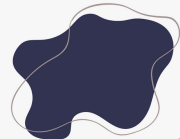
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DIGITAL LIFE SIMILE



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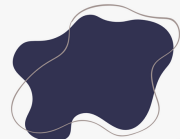
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THANK YOU FOR YOUR SUPPORT!

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.





Testimonials




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