



# Digital Detours

Digital balance, mental clarity



## Navigate The Digital Landscape With Confidence

As the 2023-2024 school year draws to a close, the Lethbridge School Division Digital Wellness Team wants to assure you we'll be a continued valuable resource for your school community when fall starts up. We offer a wealth of educational lessons, classroom materials, professional learning opportunities, and timely presentations designed to:

- Increase students, staff, and stakeholders capacity regarding digital wellness
- Provide evidence based research in connection to screen time
- Encourage reflection on responsible tech practices
- Equip individuals with the confidence, skills, and attributes to support healthy technology use that fosters well-being.

**BOOK NOW**

Our online booking system ([link here](#)) makes it easy to schedule sessions tailored to your specific needs and scheduling constraints.

We tailor materials to all age groups:

- **Elementary:** We help foster a love for play, imagination, and creativity, emphasizing balanced technology use.
- **Middle School:** We empower students to become responsible digital citizens adopting mindful technology habits that promote holistic well-being.
- **High School:** We equip students with tools to navigate the challenges of a technology-driven world, encourage critical thinking, explore healthy coping mechanisms, and highlight the importance of real-life connections.



Make IT HAPPEN

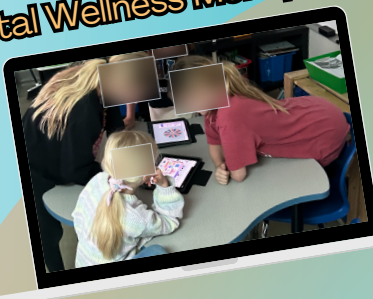


Let's use this time before the next school year begins to mobilize and plan how Digital Wellness can benefit your entire school year.

## Digital Wellness Journeys: Monthly Spotting's

The Digital Wellness Team has embraced each opportunity to create new innovative lessons, build rapport, and ignite digital wellness awareness in our Lethbridge School Division Schools! This month's in-action highlights included:

Lakeview Elementary:  
Digital Wellness Monopoly



Mike Mountain (K-5) Horse Residency



G.P.M.S. Minecraft:  
Good Game Guides



Book your students the experience of working toward digital thriving by visiting our bookings page ([click here](#))- Let's unite to guide our youth to shine online!



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## Tech Titans

### Unplug and Explore More!

Summer offers the perfect opportunity to hit the "refresh" button on your digital connections and embrace the rejuvenating power of nature. Studies show that spending time outdoors reduces stress, improves focus, and boosts creativity - all essential ingredients for a balanced and fulfilling life. Here are some suggestive ways to embrace the outdoors, build connection, experience development strides, and disconnect from technology this summer. For more ideas in the area click the book (link) to explore.



- Embrace play, imagination, and creativity
- Camping trip
- Create a local parks or trails checklist
- Start a backyard garden
- Organize a family game/event night
- Set tech-free times and zones.



Courtesy of:  
Robyn Henderson, BA, MSLP (C), R.SLP  
Speech-Language Pathologist  
Lethbridge School Division



## Summer of Digital Wellness Awaits



The Lethbridge School Division Digital Wellness Team would like to express our sincere gratitude to all our dedicated educators, parents, and students for collaborating with us this school year. Your commitment to fostering healthy digital habits in our learning environments has been truly inspiring!

As summer approaches, we hope you have the opportunity to disconnect and recharge. Take time to embrace the sunshine, explore the outdoors, and enjoy quality time with loved ones. Remember, digital wellness extends beyond the classroom. Find a healthy balance that allows you to connect and unwind in the real world.

Looking ahead to the fall, the Digital Wellness Team remains dedicated to supporting the digital wellness journey. We'll be back with fresh resources, engaging learning opportunities, and exciting initiatives to empower our school communities to navigate the conversations and evolving platforms in the digital landscape.

We wish you a restful and rejuvenating summer! In the meantime, please explore and consider our team for your fall planning by scanning the QR Code (Right) or clicking the QR code image. These valuable tips and extended descriptions into our services will continue to be the pillars for the continuous journey of digital well-being.

See you in the fall!

The Lethbridge School Division Digital Wellness Team!



Visit our website:



# CREATIVITY FLOURISHES IN BOREDOM

## FUEL FOR CREATIVITY

Boredom, typically seen in a negative light, can actually serve as a secret weapon for creativity. The absence of external stimuli prompts the mind to daydream, fostering introspection and a deep dive into inner thoughts and imagination. Embracing boredom with intentional awareness creates a canvas eagerly awaiting the strokes of creativity. The next time you find yourself bored, consider exploring one of the following activities:

### TRY IT #1

#### Explore Cooking or Baking

Exploring unfamiliar recipes or trying out innovative cooking methods offers a creative and a delightful way to make the most of idle moments.

### TRY IT #2

#### Interactive Games or Puzzles

Solve puzzles, play brain-thinking games, or engage in creative pursuits such as developing your own game, fostering the growth of curiosity and problem-solving skills.

### TRY IT #3

#### Volunteering Your Time

Embrace the power of giving back by volunteering your time to support your community, school, family, or friends. Providing an instant uplift for your self-esteem while practicing kindness and gratitude.

### TRY IT #4

#### DIY Activities

Explore the world of "Do It Yourself" activities, whether it's hands-on science experiments at home or in your surroundings. This not only adds a touch of learning but also sparks critical thinking skills and problem-solving with a dash of excitement.

Techless. (2022, October 26). How Creativity Flourishes in Boredom. Techless.

**ALLOW YOUR DOWN TIME TO:**

**STIMULI THE MIND  
ENCOURAGE EXPLORATION  
SELF EXPRESSION**