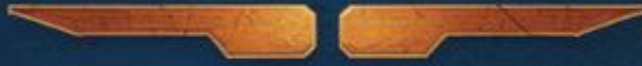




[CLICK HERE](#) 

JUMANJLY

DIGITAL WELLNESS AND TECHNOLOGY



Name:

Date

Class:

JUMANLLY REFLECTION

- **Gather Your Materials:** Before you start playing, make sure you have your reflective worksheet and a pen or pencil ready.
- **Start the Game:** Begin playing Digital Wellness Jumanlly by clicking the link provide (here). As you play, pay attention to the conversations, questions, prompts, discussions, and choices that arise.
- **Reflect and Record:** Throughout the game, take notes on your reflective worksheet to guide your growth during this activity. Further consider areas such as:
 - **Knowledge Gained:** What new things did you learn about digital wellness?
 - **Perspectives shared:** What important conversations did you have with your teammates or the game itself?
 - **Moments of Introspection:** Were there any times when you thought deeply about your own relationship with technology?
- **Identify Key Takeaways:** After you finish playing, think about some of the most important things you learned through this experience. Write down these key takeaways that can further guide your digital well-being and use technology more intentionally in an engaging and accountable way.

Reminder: This game is a great opportunity to reflect on your digital habits and learn how to use technology in a healthier and more balanced way. Have fun and enjoy the experience!

REFLECT & RECORD

Write down your key notes below:



Name:

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Class:

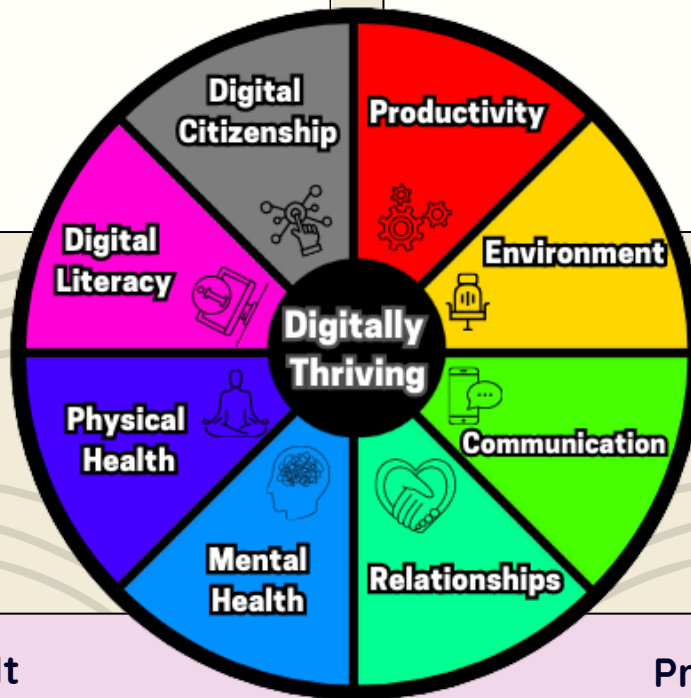
KEY TAKEAWAYS!

Digitally Thriving

What is one concept from the 'Digitally Thriving' wheel (below) that you will try to focus more on in your future interactions with or without technology?

Name It

Choose one change you'll make to elevate your digital well-being and intentional technology use?



Tame It

How do you plan (details) on further implementing this change, action, or decision?

Proclaim It

Share your digital wellness journey with someone to stay accountable.

Who will that person be? How often will the two of you check-in with the implementation?