

CONNECTING WITH BALANCE

ISTE Standards:
Digital Citizen (1.2.b)

CASEL Competency:
Self-awareness, Self-management



DIGITAL HABITS

Achieving balance is essential because it helps us feel healthy and happy, and one area that is easy to overuse and lose balance is technology. We use technology all the time - to chat, play, and learn. In this video, Daveed reflects on how much time he spends on his devices. His best friend Skylar helps him think about his digital habits, how they make him feel, and they learn tips to find balance on and offline.

In this activity, you will reflect on your digital habits and identify a few strategies you can try to connect with balance. After watching this video:

Step 1: Reflect

Think carefully about the questions below and consider how your answers connect to your own digital life.

What are your digital habits? How balanced do you feel when it comes to technology?

What digital habits make you feel happy and good?

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What digital habits make you feel the opposite?

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Step 2: Practice Healthy Digital Habits

In this video, Daveed and Skylar shared tips for connecting with balance. Select the healthy digital habits you will try and write down your strategy to succeed.

I will prioritize my time online by focusing my time on...

... and spending less time on...

I will create screen-free times and zones by putting devices away at these times...

I will limit digital distractions when...

If I need extra help achieving media balance, I can ask these people for support...

Step 3: Share (With a Partner)

If given the option, discuss the reflection questions above and share the tips you learned with a partner or a family member. How do their answers differ from yours? What areas of technology do you both struggle in maintaining a balance?