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GRADE 6: FINDING BALANCE IN A DIGITAL WORLD

Balancing Act 🗧

NAME			
DATE			

Directions: Part 1

Think about the different activities you do both online and offline. Write down as many as you can think of.

What activities do you do <u>online</u> ?	What activities do you do <u>offline</u> ?

Look back at your list of online and offline activities. Circle the two or three activities in each that you do most.

Directions: Part 2

Complete the steps of the Digital Habits Checkup.

Check Your Habits

What are your current digital habits? (Keep in mind: Habits can be positive, negative, or both. Brainstorm and list as many of your habits as you can.)

Next, draw (or insert) an emoji next to each habit to show how it makes you feel.



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GRADE 6: FINDING BALANCE IN A DIGITAL WORLD

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NAME			
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Choose

Thinking about how certain habits make you feel, choose one digital habit that you want to change or to try to do differently. Why is it important that you change this habit?

Challenge

Challenge yourself. Make a plan for how you would like to change your habit. Think about when you will do something different and what you can do instead. (When we're trying to change a habit, it's not enough just to say what we won't do. We also have to come up with something to do instead!)

Boost

Boost your challenge. What are some ways you can give your new habit a "boost" and make it easier to do? If you're trying to break a bad habit, what are some things you can do so that you don't slip back into old ways?

