

DATE _____

Directions: Part 1

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

Directions: Part 2

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.



Balancing Act

NAME _____

DATE _____

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?



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.