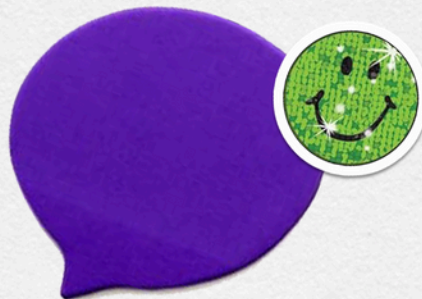




#HALF
STORY

SAMPLE STUDENT JOURNAL





BRAIN STORM

Our brain is quite the busy organ, and while it reaches 80% of its adult size by age 2, it is not fully developed until we are 25. However, the connections in our brain will continue to change and grow indefinitely - as we learn across our lifetimes. And that is why there is so much scrutiny of screen time. What is the impact of our time spent with the many devices and gadgets we have in our daily life?



CONNECT

Create a digital wellbeing spectrum from SURVIVING to THRIVING.



CONSIDER

Explore active vs. passive screen time effects on neuroplasticity.



CREATE

Build a decision tree illustrating how best to spend your time in order to reach a current goal.



CHANGE

Go gray for a day to experience digital life without color!



NEUROPLASTICITY



SCREEN TIME



PASSIVE USE



ACTIVE USE

**KEY VOCAB
TO LISTEN
FOR**

TECH CHECK

Digital wellbeing is a spectrum that can change depending on what is happening in our lives day to day. Take a look at the topics: Which ones help you thrive versus survive?

- 01** Place three **red** votes on the topics that you think are the **negative** aspects of tech.
- 02** Place three **green** votes on the topics that you think are the **positive** aspects of tech.
- 03** After voting, arrange the topics based on votes from **SURVIVING** to **THRIVING** on the classroom wall.

SELF-DOUBT	FOMO	FOMO
GAMING	ADDICTION	CREATION
ENTERTAINMENT	EDUCATION	WASTING TIME
COMMUNITY	STRESS	STRESS
WELLBEING	HOBBIES	CYBERBULLYING
MONEY PIT	CREATION	WASTING TIME

What did we miss? Add a few more!



REFLECT

WHERE DO YOU STAND?

Think back to yesterday or last month. Do you think any of your votes would have been different based on what was happening in your life? Why or why not?

Empty text box for reflection on voting.

Considering your peers' votes, how much of your tech use is driven by social pressure or to avoid feeling left out (FOMO)? How might you use tech differently if no one was watching?

Empty text box for reflection on tech use.

In what ways would you like to see technology used "for good" in the world? How can tech be more solutions-oriented?

Empty text box for reflection on tech for good.



Have a sec? Based on what we just discussed, where do YOU fall on this **SURVIVING** <> **THRIVING** spectrum TODAY? Add a star.



Out of Control



Confused

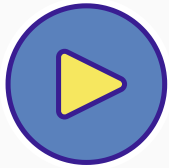


In Control

CONSIDER



YOUR NOTES



Watch the “Brain Storm” video to explore how active vs. passive screen time affects your brain’s neuroplasticity.

What was your main “a-ha” from the video?

WAYS TO STRENGTHEN NEUROPLASTICITY

- 🛌 Catch 8-10 hours of sleep every night
- 🍏 Fuel up with a balanced diet
- 🏃 Move daily
- 🧘 Keep stress and anxiety in check
- 🚫 Stay clear of drugs and alcohol



MINDLESS screen time looks like ...

MINDFUL screen time looks like ...

DID YOU KNOW ...

it can take about 10,000 repetitions, or ~3 months of practice to develop a new neural pathway and master a new pattern of behavior?



REFLECT

WHERE DO YOU STAND?

Which screen time activities take up the majority of your time?

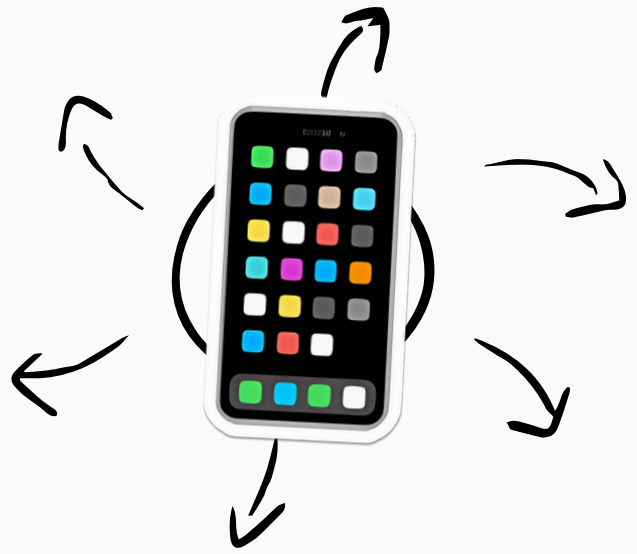
Which feelings are associated with each?

How might you allot your time differently looking forward?

CREATE



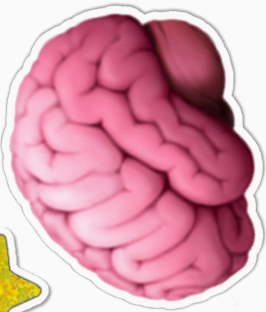
Screen time ... Which devices do you have that “count” when it comes to quantifying your daily screen time? List them below.



TICK TOCK

In the next year, you will spend 1/3 of your time online (that’s 2920 hours!). How do you make tech your superpower to reach your goals?

- 01** Begin your decision tree with a current goal on the next page. Turn the paper to write in your thoughts.
- 02** Then, fill out active versus passive steps you can take to reach your goal.
- 03** Detail the ways to use your offline and online time most effectively!



goal maker

GOAL



goal breaker

PASSIVE

your brain is shaped by your **ALL** of your experiences

ACTIVE



ONLINE

ONLINE

ONLINE

OFFLINE



REFLECT

WHERE DO YOU STAND?

How does your daily screen time impact neuroplasticity?

How does being actively engaged with technology make you feel?

How can you better balance enjoyable offline and quality online activities?



CHANGE

QUIZ YOURSELF: MATCH VOCAB

NEUROPLASTICITY

refers to mindful engagement with our devices and involves critical thinking and creating.

SCREEN TIME

usually refers to the mindless scrolling or viewing we do, when we are consuming content and not cognitively engaged.

PASSIVE USE

is the amount of time per day spent looking at a digital screen (TV, computer, mobile device, etc.).

ACTIVE USE

the idea that neurons are the building blocks of our brain and nervous system, thus our brains are malleable and can adapt and change (for better or worse).

TAKEAWAY TIPS



Digital wellness is a spectrum.

Small brains scroll!

Not all screen time is created equal.



CHALLENGE FOR CHANGE



bit.ly/HS_L1



“Go Gray for the Day!”

- What did you notice?
- Where did you miss the color?
- How did going grey affect your screen time (and your mood)?

Color in
when
completed:

