



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: Middle School (5-8)

Area of Focus: Being Present: Active vs Passive Screen Time

Materials Needed: Link below

Big Idea (What should students remember after the lesson?):

- Not all screen time is created equal, topic focuses on intentional usage versus boredom and finding value in screen time. Provide examples of using screen time to create content, not just consume

Mini-Lesson/Content:

Google's Applied Digital Skills a great lesson on Building Healthy Digital Habits.

- Have students go to this webpage:
<https://applieddigitalskills.withgoogle.com/c/middle-and-high-school/en/build-healthy-digital-habits/overview.html>

Have the students work through the lesson and complete the activities.