



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Well-being

**Level:** High School (9-12)

**Area of Focus:** Building Health Management Skills for Digital Balance

**Materials Needed:**

- Links below
- [https://d43fweuh3sg51.cloudfront.net/media/media\\_files/a07a4ddb-a126-464b-ac8c-f9bb0da1a284/98b672e9-139e-44f4-a110-638f584a03bf.pdf](https://d43fweuh3sg51.cloudfront.net/media/media_files/a07a4ddb-a126-464b-ac8c-f9bb0da1a284/98b672e9-139e-44f4-a110-638f584a03bf.pdf) (Facilitator Guide)
- [https://view.officeapps.live.com/op/view.aspx?src=https://d43fweuh3sg51.cloudfront.net/media/media\\_files/a07a4ddb-a126-464b-ac8c-f9bb0da1a284/8a449e42-becd-4181-b08b-e8a79c5235e2.docx](https://view.officeapps.live.com/op/view.aspx?src=https://d43fweuh3sg51.cloudfront.net/media/media_files/a07a4ddb-a126-464b-ac8c-f9bb0da1a284/8a449e42-becd-4181-b08b-e8a79c5235e2.docx) (Handout)

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

- Differentiating when to use technology to support a healthy lifestyle. Consideration includes value of physical activity, getting healthy sleep and proper nutrition.

**Mini-Lesson/Content:**

- <https://wosu.pbslearningmedia.org/resource/screen-time-above-the-noise/screen-time-above-the-noise/>