



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: Middle School (5-8)

Area of Focus: Building Health Management Skills for Digital Balance

Materials Needed:

- Link below
- Blank Paper

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://www.commonsense.org/education/digital-citizenship/lesson/finding-balance-in-a-digital-world>

[Common Sense lessons require a login to access it. The account is free, you can use your Google Suite account or create your own free account.]