



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: 5-12

Area of Focus: Ways to Unplug: Reduce Notifications

Materials Needed:

- Lesson
- Device (phone or tablet)

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

- Turning off notifications on devices can help reduce distractions and provide better focus.

Mini-Lesson/Content:

Have the students track the number and kinds of Notifications that they get on a phone or tablet for a day. Have a discussion about it.

- How many notifications did you get?
- How often did it make you open your device to check it?
- Were there notifications that you don't care about or need?

iOS tip - One way to track how often you pick up your device is to open Settings/Screen Time and then choose See All Activity. This will show you which apps you use the most as well as how many times you've picked up your device.

To reduce Notification on a device, [follow these setup tips](#).