



# Innovate, Collaborate, Educate: Learning Beyond the Classroom for Future-Ready Families

Thursday, October 24 | 6-7:30 pm





MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

DIGITAL CITIZENSHIP | GRADE 6

# Finding Balance in a Digital World

 common sense education®



# Essential Question

How do we balance digital media use in our lives?



# Learning Objectives

1

Reflect on common online and offline activities.



2

Identify ways to "unplug" to maintain balance between online and offline activities.



3

Use the Digital Habits Checkup routine to create a personal challenge to achieve more media balance.



## WATCH + DISCUSS



To watch this video on the Common Sense Education site, click [here](#).

### **Discuss:**

According to the video, what are some benefits of being connected 24/7?





# Digital media

Content (text, audio, images, video) or devices that allow people to share information, communicate, and collaborate over internet or computer networks.



# Media balance

---

Using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.)



ACTIVITY: ONLINE, OFFLINE

# Directions: Part 1

Think about the different activities you do online and offline.  
Write down as many as you can think of.







ACTIVITY: ONLINE, OFFLINE

## Directions: Part 1 (continued)

Review the online and offline activities you wrote down.

Circle the two or three activities in each that you do most.





# Digital habits

Behaviors we do often or regularly with digital media and devices



# Red flag feeling

When something happens on digital media that makes you feel uncomfortable, worried, sad, or anxious



# Unplug

To engage in activities that don't involve devices, apps, or the internet

# Ways to "Unplug"

1. [Capture student responses here.]



We find balance  
in our digital lives.



# Breakout 2 Workshops:

Solving Together: Building Mathematical Thinkers at Home

Room K102

---

How to Use Tech and Media to Build Life Skills in Young Minds

Room K106

---

Guiding Your Scholar to Success: Making the Most of SLCs

Room K107

---

IEP Essentials: Navigating Special Education for Your  
Scholar's Success | Room K103



# Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey:

Scan QR Code:



Or, Visit: [www.fwps.org/FamilyAcademySurvey](http://www.fwps.org/FamilyAcademySurvey)