Digital wellbeing

family activities

Be
Internet
Legends.

Digital wellbeing family activities

Be Internet Legends

The Be Internet Legends programme was designed by Google and Parent Zone to teach children the skills they need to be safer and more confident online.

The activities in this booklet build on the Be Internet Legends code – especially Be Internet Brave.

You can find out more by visiting g.co/beinternetlegends

Using tech more

Like many families, you might be using technology more at the moment, to work, talk and play – and that's great!

The internet can help us with things that are tricky or impossible to do face to face right now – like keeping up with school work, or staying in touch with your colleagues, family and friends.

However, you may be worried that spending so much time on screens is bad for your child.

Everyone's different – there's no rule about how long you should be online. And research suggests that what we do and how we do it are more important than the amount of time.

The best way to make sure that children look after themselves is teaching them how to manage their digital wellbeing.

Digital wellbeing

Digital wellbeing is all about feeling comfortable and happy with how technology fits into our lives. Like other kinds of wellbeing, digital wellbeing is different for each person and can change over time.

These activities are designed to help you and your child:

- think about how using technology makes you feel
- form healthy digital habits
- find a balance that works for you

My machines, my mood

You will need: 15 minutes, paper, pens, a surface

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Introduction

Phones, tablets and computers are amazing tools that we can use to work, talk and play.

Just like other things we do – dancing, reading, chatting to family, shopping, walking the dog, tidying up etc. – spending time on screens can affect **the way we feel**, both **positively** and **negatively**. But it's different for everyone – and it depends how we spend that time.

This activity will help you to explore these ideas as a family by making your own **mood board**.

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Activity

1) See how many different feelings you can come up with together and write them on bits of paper. If you have time, your child could design their own characters – or draw emoji – for each one.

2) Spread out the bits of paper on a surface – like a table, floor or bed. This is your mood board! It might look a bit basic, so feel free to get crafty and turn it into a poster.

3) Read out each story below and encourage your child to point to the feeling(s) that match. Why might they feel like that? If it's negative, what could they have done differently (e.g. taken a break, put their phone on silent, focused on one thing)? How might different people react differently?

   a. *Sally has been playing an online game for three hours, without taking a break.*
   b. *Sandeep is trying to research something for her project but keeps watching YouTube videos about cats instead.*
   c. *Michael is having a video chat with his Auntie Tina who lives in Australia.*
   d. *Lola's friend sends her texts in the middle of the night and it keeps waking her up.*
   e. *Dami is trying to show his older brother a new toy he has been given but his brother doesn't pay attention because he's messaging his friends on his phone.*
   f. *Louise uses the internet to learn how to make something really cool!*

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Taking it further...

We know that screen time conversations are sometimes difficult and can turn into arguments. Mood boards are a simple way to check in with your child about their tech use – and give them a bit of responsibility for tracking their own wellbeing.

You might want to put yours up somewhere in the house – like the fridge or noticeboard – and encourage your child to point to the feeling that matches their mood at the end of each day. That way, they don't have to describe it using words – which can sometimes be tricky for children – and it feels less like you're checking up on their screen time.

DIY digital diaries

You will need: 15 minutes + 5 minutes a day for a week, paper, pens

Introduction

The way we use technology can have an impact on our mind (mental health) and bodies (physical health).

Everyone is different, so so what we do on screens will affect us in different ways. Something that makes a friend feel good might make you feel annoyed, tired or stressed – and the other way around!

It's important to create healthy digital habits for ourselves – and find a balance that works for us. This activity will help you to explore these ideas as a family by making your own digital diaries.

Activity

1)   Read 8-year-old Raj's diary on the next page. Chat about which activities made him feel good/ bad, which he might want to spend more/less time doing and whether you think he's got any healthy digital habits. What could he do differently, to find a balance that works for him? If you have extra time, your child could even make a poster for Raj, with lots of helpful advice.

2)   Encourage your child to think about what they do on a regular basis – which activities make them feel good/bad, which do they want to spend more/less time doing and what healthy digital habits do they already have? You could do the same yourself! If you're willing to be honest and talk about your own screen use, it will show that it's not about rules, but looking after ourselves.

3)   Encourage your child to design their own digital diary template and fill it out over the next week. Check in with them along the way – and if you made a mood board for the last activity, you could use it as a kind of prompt, to help them reflect on how they're feeling each day.

4)   At the end of the week, look back over the diary together and revisit the questions from step 2. Have any of their answers changed, now that they've had a week's worth of screen time?

Taking it further...

If you have time, you could *all* design your own digital diaries and fill them out at the same time.

It'll help you to work out what healthy digital habits you have – and which healthy digital habits you'd like to develop together.

You could finish by deciding three things you're all going to do – a kind of pledge or action plan that everyone agrees on.

Raj's diary

MONDAY

8.30am messaging friends 😃

3pm-3.30pm watching cat videos

5pm-5.30pm research for Egyptian homework project

7pm-9pm video games

11pm messaging friends

TUESDAY

5pm-9pm video games 😟

10pm-10.30pm online maths homework 😩 😴

WEDNESDAY

5pm research for Egyptian homework project 😊

6.30pm-7pm video call with Auntie in Australia 👍 🙂

7pm-8pm video games 👍 👏

10pm-11pm messaging friends 😄 😪

THURSDAY

5pm making slides for homework project 😩

8pm-8.30pm video games 🙂

FRIDAY

7pm-10pm messaging friends 😃

10pm-1am video games 😩 😴

SATURDAY

10am video call with Auntie in Australia 😄 😆

SUNDAY

2pm-4pm homework research 👍