



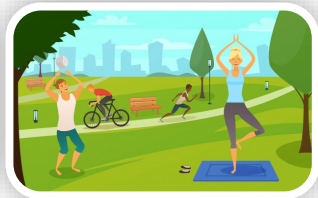
Woden Primary School Digital 5-a-day guide

Connect

Phones and social media can make staying connected to our friends and family really easy and fun.



It's important to be able to laugh, share our feelings and know that others understand us.



It's also important to spend time together offline as well.



Be active

Chatting with friends is a lot of fun but science has also proven that there is a strong link between feeling happy and being active. Spending too much time online can make us feel grumpy, tired and stressed but switching off and getting active can help a lot.



You don't have to be an athlete or a football start to be active - find the thing that you enjoy the most.

Be Mindful

Being mindful means paying attention to how something makes us feel.

If keeping up with the notifications is making you feel stressed you need to take a break.

Learn to know what worries you and speak to people you can trust and ask for help if you need it.

Get Creative

Endless scrolling, shooting or selfies can get dull and can make us bored and unhappy which is why it is important to have a varied digital diet.

The web is an amazing place to discover new things, learn new skills and get creative.



Whether it is following YouTube tutorials, building Minecraft masterpieces or writing the ultimate fan fiction - getting out of your comfort zone to create and learn something new will help you get much more from your digital day!

Give to others

Giving to others not only boosts other peoples wellbeing but it also makes us feel happy too.



This isn't about giving to charity - although that's good too - it's about having a positive attitude throughout the digital day.

