

Digital Wellbeing





twinkl

Technology

People can use technology, like this, every day.





Technology can help people to feel happy and to learn new things.

If these things are used in the wrong way or if they are used too much, they can make people feel grumpy, tired and worried.

Staying Safe, Happy and Healthy

To stay safe, happy and healthy, we need to know how we feel when we watch television and use computers, tablets and online games etc.

We need to make choices which keep us safe, happy and healthy.

We should not use devices for too long.





We should watch things that are OK for our age.

We should play games and use apps that are OK for our age.



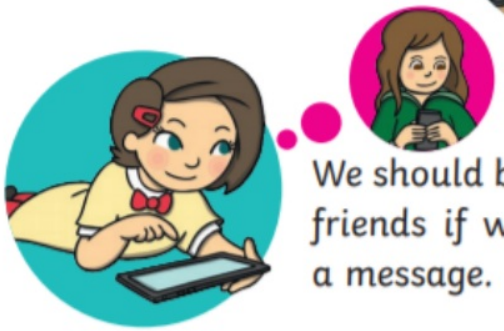


If we start to feel grumpy, we should do something else.

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If we feel sad, worried or frightened by something we see, we must tell an adult we trust.





We should be kind to our friends if we send them a message.

We should never share things online which are private.





We should do lots of different things to keep our mind and our body happy and healthy.

Stay happy, safe and healthy!

Think of the different digital technology you may have at home.

Do you have any of these?





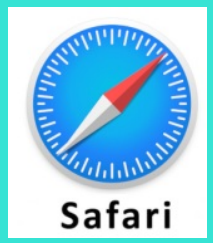







Lots of these devices can be connected to the internet, so it is important to know how to use them safely.





We use Seesaw in school to show our grown ups our learning. Some of us have also learnt to add our own work, pictures or videos.

You may have helped teach your grown ups how to use Seesaw at home.

It is a great way for us to communicate with teachers and to show our learning from home and it uses the internet to work.

When we are in school, we ask an adult before we use Seesaw and only use it when an adult is near. It is important that we ask our grown ups before we use Seesaw at home too.

CLASS FAMILY



Using different devices can be lots of fun. We can play games and use it to help us with our learning. It can also help us to talk and communicate with our family and friends. We must always ask permission from a grown up before we use them.



Your grown ups will know when it is an appropriate time for you to use technology and can help you while you use it.

Buddy the Dog has helped us in school to know how to keep safe when using technology such as tablets and phones.

Here are Buddy's rules and top tips:



Can you remember Buddy's song?



Talk to your grown up and think of a time when you have used technology at home.







Drawing time!

Draw a picture of yourself using technology at home. You can add a voice comment to tell us what technology you've used, what you used it for and how you keep safe.



Ask your grown up to help you add it to Seesaw.