



# Digital Detours

Digital balance, mental clarity



## Come Check Us Out!

Life Long Learning: Lethbridge School Division Digital Wellness Team set to present at South West Alberta Teachers Convention Association

Get ready for an electrifying experience at SWATCA this year! With a inventory of highly esteemed presentations on the schedule, the Lethbridge School Division's Digital Wellness Team is thrilled to join in the learning by offering an engaging session at this years event.

Our team brings an infectious enthusiasm for deepening understanding and fostering healthy relationships between individuals and technology. We are dedicated to sharing, exploring, and learning more about supporting individuals' digital wellness journeys. We kindly encourage all teachers to join us and further explore the ways and opportunities available to enhance your practice and school community experiences regarding Digital Wellness. Keep an eye out for us in the coming weeks as scheduling finalizes.



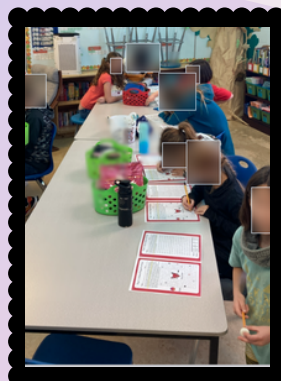
## Collaborative Learning in Leth. S.D.

The Digital Wellness Team has embraced each opportunity to create new innovative lessons, build rapport, and ignite digital wellness awareness in our Lethbridge School Division Schools! This month's highlights included:

*SJF- Digital Wellness Monopoly*



**Fleetwood  
Bawden-  
Digital  
Wellness  
Playbook's**



*Reflect, Refine, Renew with our Digital Wellness reflection activities*



**Book your students the experience of working toward digital thriving by visiting our bookings page ([click here](#))- Let's unite to guide our youth to shine online!**



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## Tech Titans

Bite sized tech insights

Introducing the concept of "Digital Nutrition" likens online habits to dietary choices, emphasizing mindful technology use that supports mental and emotional well-being. Individuals can support this philosophy by: Prioritizing quality over quantity, practicing mindful consumption of content, balancing screen time, prioritizing present moment awareness, and building digital resilience. These actions empower students and individuals to make informed choices, promoting a healthier relationship with technology and enhancing overall wellness.



## Wellness Building Pathways



Where Did My Calm Child Go?

February 6th, 2024 - 7:00 PM-8:00 PM

Presentation by ERLC

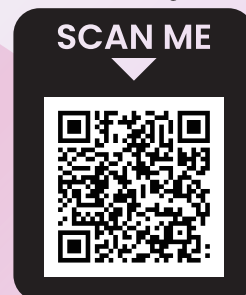
Cost: NO CHARGE

Register by: [clicking \(here\)](#)



## Love Yourself

*Love Yourself*: A gratitude reflection practice for self-appreciation. Showcase the transformative power of self-love with *Love Yourself* a resource that fosters introspection and self-appreciation. Perfect for the love month of February or any time of the year, this reflection practice encourages students to acknowledge and celebrate their positive attributes, fostering a continuous journey of self-growth and embracing a mindset of gratitude. Empower yourself with the gift of self-love, creating an enduring practice that promotes a positive and resilient mindset. Click on the image (left) to download and print your copy today!



Visit our Teams Website