

NAME: _____

EXPLORING MY RELATIONSHIP WITH TECH

PART 1

In the boxes below, write down how you interact with technology throughout your day. The purpose is to explore how integrated technology has become in our everyday lives. Write down **HOW** and **WHY** you use the tech.



WAKE UP

(e.g. 6am – 8am)

MORNING

(e.g. 8am – 12pm)

MIDDAY

(e.g. 12pm – 3pm)

AFTERNOON

(e.g. 3pm – 6pm)

EVENING

(e.g. 6pm – 10pm)

NIGHT

(e.g. 10pm – bedtime)

PART 2: THINGS TO CONSIDER



When you wrote down your ideas in part 1, did you consider the following?

- **How you wake up?** (Your alarm, checking notifications, scrolling before getting out of bed...)
- **How you communicate?** (Texting, email, messaging, social media, video calls...)
- **How you work?** (Computers, phone, social media, documents, AI. etc...)
- **How you consume information?** (Music, podcasts, news, videos, television, books...)
- **How you navigate the world?** (Maps, weather, banking, shopping, ordering food...)
- **How technology influences what you think?** (Algorithms, recommendations, advertisements, search engines, AI...)

Go back to Part 1 and see if/where you can fill in some gaps.

PART 3: ONE MORE TIME WITH FEELING

Looking back to part 1, choose **ONE** activity from each section of your day where you find yourself interacting with technology. Write down that activity below and then assign emotions to how that activity makes you feel. The purpose of this exercise is to better understand our “relationship” with the technology in our lives.



	ACTIVITY	EMOTIONS
 WAKE UP (e.g. 6am – 8am)		
 MORNING (e.g. 8am – 12pm)		
 MIDDAY (e.g. 12pm – 3pm)		
 AFTERNOON (e.g. 3pm – 6pm)		
 EVENING (e.g. 6pm – 10pm)		
 NIGHT (e.g. 10pm – bedtime)		