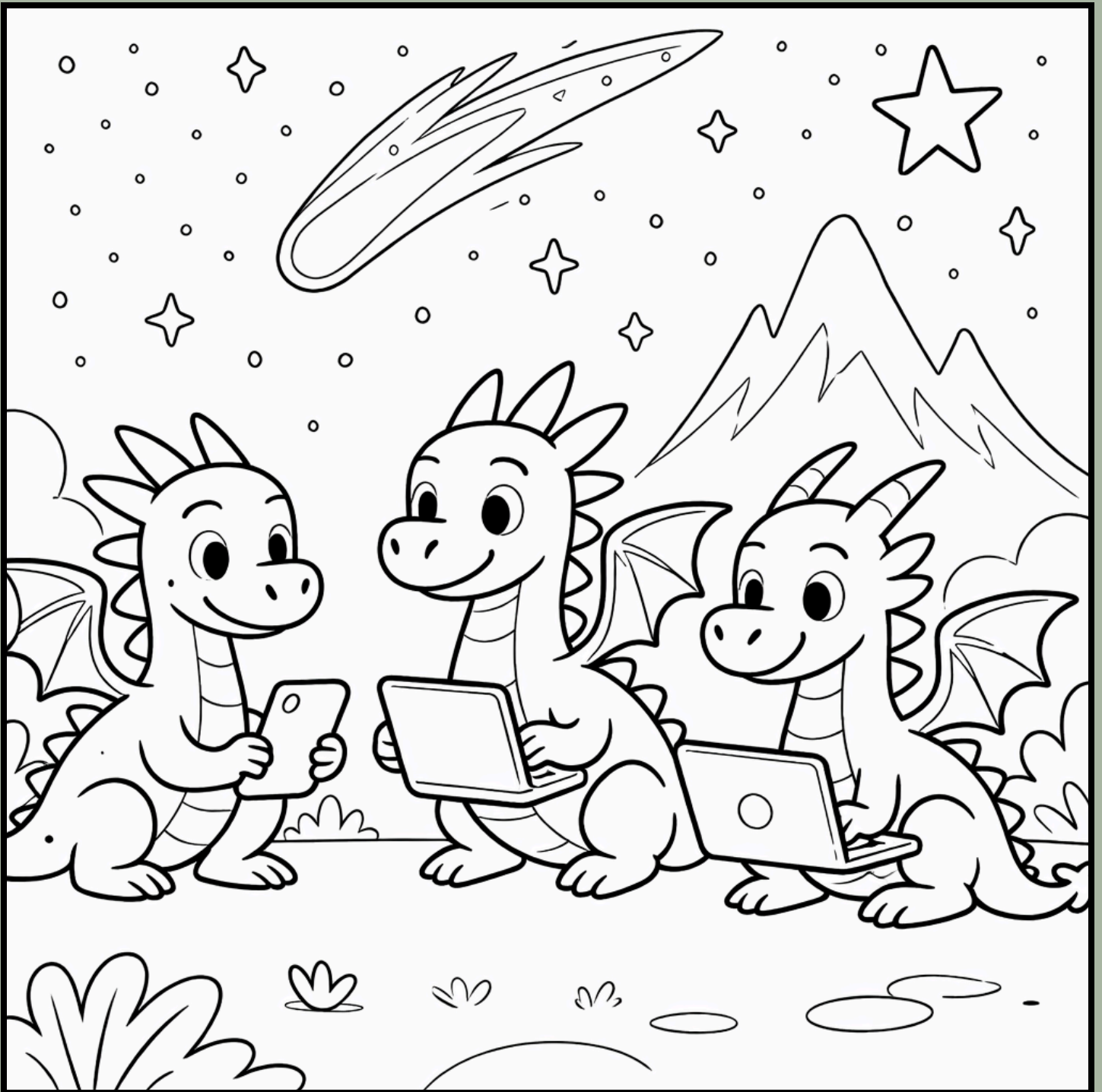


Name:

The Quest of the Digital Dragons

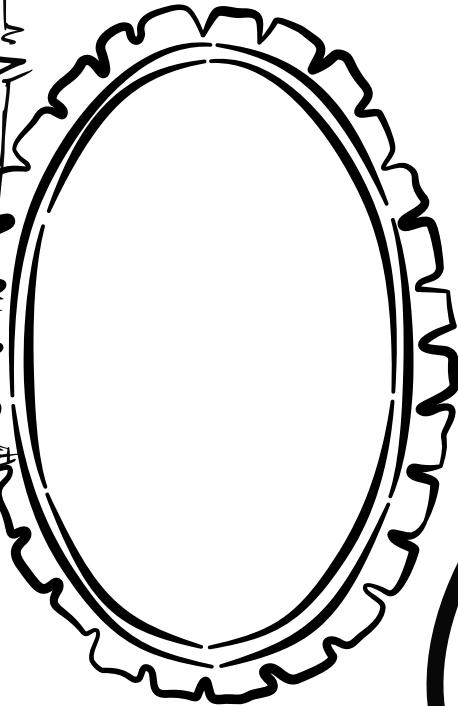
Little Life Warriors Workshop



My Digital Dragon Map

My Dragon

Draw yourself as a dragon...



My Dragon Name is:

.....

My Hour Crystals

Colour how many hours you spend online...



My Feelings Online...

When I'm online I feel? (Colour in)



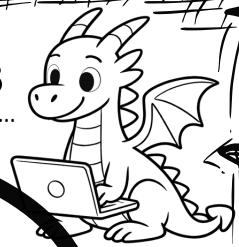
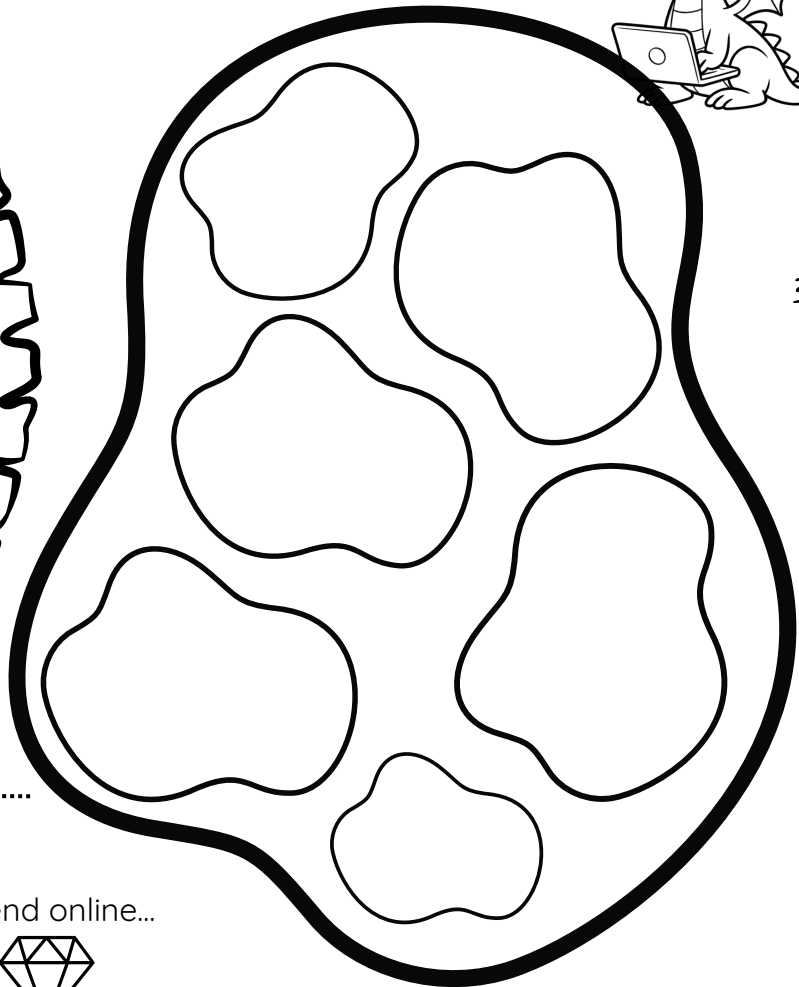
Why?

.....

.....

My Screen Islands

Write down all the apps you use...



My Dragon Wishes...

One thing I want to change?

.....

.....

One thing I like?

.....

.....



Instead of Online Time, I Can...

- ☐ Ride a bike
 - ☐ Kick a ball
 - ☐ Build with LEGO
 - ☐ Draw a comic
 - ☐ Read a book
 - ☐ Do a puzzle
 - ☐ Bake something simple
 - ☐ Walk the dog
 - ☐ Build a cubby or fort
 - ☐ Play a board game
 - ☐ Do a scavenger hunt
 - ☐ Jump on the trampoline
 - ☐ Grow a plant
 - ☐ Make slime or playdough
 - ☐ Write a story
 - ☐ Play cards
 - ☐ Do yoga or stretching
 - ☐ Help cook dinner
 - ☐ Care for a pet
 - ☐ Lie on the grass and watch clouds
- ☐ Build with cardboard boxes
 - ☐ Create a treasure hunt
 - ☐ Play charades
 - ☐ Paint or watercolour
 - ☐ Make a puppet
 - ☐ Put on a play or show
 - ☐ Fly a kite
 - ☐ Make a bird feeder
 - ☐ Sort and organise toys
 - ☐ Learn a magic trick
 - ☐ Do a science experiment
 - ☐ Write a letter or postcard
 - ☐ Do a jigsaw puzzle
 - ☐ Play tag or hide and seek
 - ☐ Collect rocks or leaves
 - ☐ Create a dance routine
 - ☐ Make a comic strip
 - ☐ Do wall push-ups
 - ☐ Play with kinetic sand
 - ☐ Stargaze
-
-
-
-



My Digital Dragon Online Agreement

Colour, cut and paste your chosen dragon eggs
into the dragon nest...



My Digital Dragon Pledge

"I promise to care for my brain, my body, and my online world."

Child signature:

Adult signature:

Colour, cut and paste your chosen dragon eggs into the dragon nest...

