

# How does digital make you feel?

**Tip:** you can add more activities underneath

**Fill out** the table to describe how different digital things make you feel.

<b>What do you do online?</b>	Name _____	Name _____	Name _____	Name _____	Name _____
Work or school work online	(Add feelings or emojis here)				
Watching videos					
Gaming					
Social media					
Chatting to friends or family					
_____					
_____					
_____					
_____					
<b>How does it make you feel?</b>	Happy 😊	Sad 😞	Angry 😡	Tired 😴	Something else? 😬

## TALK IT OUT

Why do these things make you feel like this?

What could you do more of as a family?

What would you like to change?

What things would you like to add to the list?

How could you make a plan to change it?

**Tip:** you can use more than one emotion or emoji for each activity.

Digital Parenting Week 2021