# My Tech Day

### Part 1 | #LiveIt

Spend a few minutes reflecting on all the ways you use technology on a day-to-day basis – from watching movies to playing games to using social media.

### Part 2 | #ChangeIt

Sometimes technology can leave us feeling energised, inspired or creative. Other times it can make us feel tired, pressurised or stressed. Thinking about your average day, can you identify any areas where technology is causing problems or could be used more positively? Perhaps there are some changes you could make.

**See next page for inspiration.**

## What three changes could you make?

**1:**

**2:**

**3:**

**Notes**

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# #TechControl

A series of classroom resources created to help promote the healthy and positive use of technology.

Leading Independent Schools

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HOLLY, 18
Loves Social Media! 💬

Ed Sheeran got rid of his phone as a New Year's resolution to help relieve the stress of having to respond to messages

Holly puts her phone on 'Aeroplane Mode' when sleeping and studying to avoid being distracted

Jaguar PS/Shutterstock

SAM, 17
CO-FOUNDER OF GAME DEVELOPMENT STUDIO

Sam cut down the hours she spent gaming gradually, and now uses gaming as a reward for other accomplishments

Year 9 student Adrien switched off 'Auto-Play' on Netflix so that videos don't automatically start playing and tempt him to keep watching
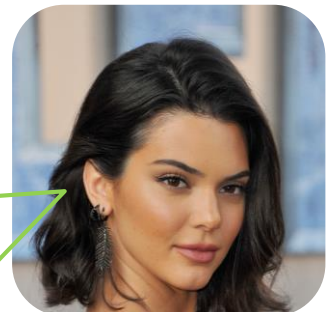
Year 10 student Izzy uses a timer to give herself breaks every half hour when using her laptop to do homework

KARAN, 18
INTERNATIONAL MUSIC PRODUCER

Kendal Jenner doesn't look at the 'comments' on her social media posts and her family chat group is always on 'sleep mode'

Tinseltown/Shutterstock

Karan taught himself how to use music production software using YouTube because music is his passion

# #ChangeIt