



# Digital Detours

Digital balance, mental clarity

## Care and Kindness

**Showing love to ourselves and others.**



February is a month often centered around love and gratitude. This is the perfect time to show love to others and YOURSELF. It invites a focus on self-care and self-compassion. Start by prioritizing activities that bring you joy and relaxation, whether it's indulging in your favorite hobbies, enjoying quiet moments with a book, or taking a walk outside to recharge. Set aside time for self-reflection, practicing gratitude, and acknowledging your own strengths and achievements.

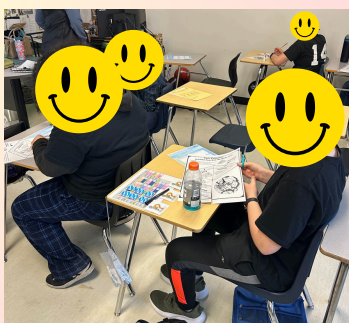
February is a great month to celebrate love in lots of fun ways! Kids can show love by being kind to their friends and family, like sharing toys, giving compliments, or writing sweet notes. It's also a great time to practice self-awareness and gratitude in our classrooms.

Nurture self-love and kindness in your classroom this February with our "Love Yourself" resource. This fun-reflective exercise invites students to develop an increased sense of self-awareness, practice kindness towards themselves and others, and cultivate a sense of community and belonging around them. Click (above) to download now and empower your students to embrace self-appreciation and thoughtfulness!

## Collaborative Learning in Leth. S.D.

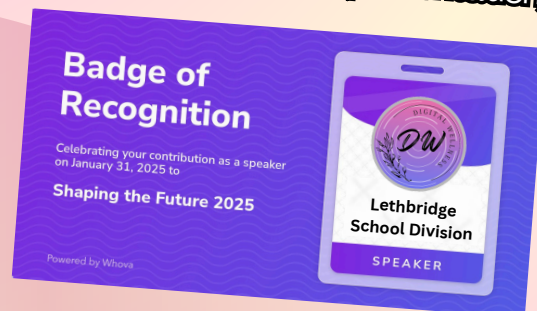
The Digital Wellness Team has embraced each opportunity to create new innovative lessons, build rapport, engaging in playful learning, and ignite digital wellness awareness in our Lethbridge School Division Schools! Some of this month's in-action highlights included:

### 6.P.M.S.- Digital Wellness: Education (Media Balance)



**Galbraith: Family Games and Engagement Evening**

### Ever Active Schools- Shaping the Future Conference (presentation)



**Equip your students with the skills to thrive online. Book your school visit and empower your students to navigate the digital world with confidence and safety. Visit our bookings page (here) – Let's unite to guide our youth to shine online!**



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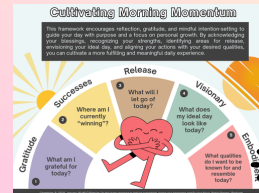
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### Tech Titans

#### Digital Sunsetting

This month's Tech Titans tip invites you to explore "digital sunsetting" for your technology and devices. Consider designating a specific time each evening, and perhaps even starting your day tech-free, for a more mindful morning routine.

How might intentionally powering down and disconnecting from screens promote better sleep, improved focus, and more intentional connections with the world around you? We encourage you to experiment and discover what works best for you. Consider our "Cultivating Morning Momentum" practice (above) as a refreshing alternative to digital interactions to start your day off right!



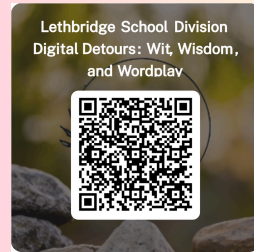
Click/Scan for a submission and a chance to win a prize!

#### January's Winner:



- Wit:**
  - Why did the computer get a cold? .... It left it's Windows open! 🤗
- Wisdom:**
  - Before you pick up your phone, ask yourself: 'What is my intention?' A moment of mindful reflection can transform passive scrolling into purposeful engagement.
- Wordplay:**
  - The fear or anxiety of being without, or unable to use, a mobile phone or other smart device is known in the modern day as \_\_\_\_\_ ? 🤔

### Wit, Wisdom, and Wordplay



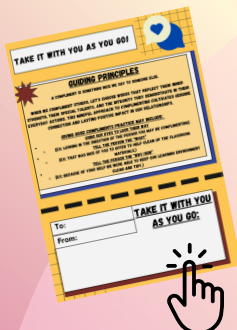
**SUBMIT**

### Wellness Building Pathways

#### Kitsikakomimm ("I Love You" in Blackfoot) Kindness Call-Out

Happening in schools from February 3rd-26th

- Presented by The Lethbridge School Division's **Indigenous Education Team** and **Mental Health Capacity Building Team**
- Schools are partaking in this kindness initiative by catching students doing acts of kindness, and submitting ballots for them to win a great prize!
- Schools will also be working to collect essential items to donate to those in need within our community.



### Wellness Byte: Take It With You As You Go

This month, our Wellness Byte focuses on complimenting and how maintaining connection and conversation beyond virtual interactions can be a key way to build healthy and thriving relationships

Giving a compliment in person can make someone feel special and appreciated. When you share something kind face-to-face, it shows that you care and can cultivate a lasting positive impact. Whether it's complimenting a friend how you admire their authenticity, integrity, or telling a classmate they did a great job, a sincere in-person compliment can brighten someone's day in ways that an online message may not capture entirely.

Visit our Website Today!

